



Jan-Eric Esway, MD

Orthopaedic Surgeon

www.janeswaymd.com

UPPER EXTREMITY POST-OP INSTRUCTIONS

DIET

Start with clear liquids (water, ginger ale, chicken broth) then slowly advance (soup, crackers) as tolerated to your regular diet.

MEDICATIONS

Prescriptions for pain and nausea medications are provided at the time of discharge. Extra Strength Tylenol may also be used in addition to prescription pain medication; it is safe to take 2 Extra Strength Tylenol up to 3 times per day. This can be done at the same time you take your pain medication or in alternation with.

At the pharmacy, you should also purchase a stool softener (Senna or Colace) to help prevent constipation, which commonly occurs when taking pain medications.

Resume taking the medications you were taking before surgery, unless instructed otherwise (e.g. rheumatoid arthritis medications that inhibit healing).

EMERGENCY CONTACT

In case of an emergency after hours, call the hospital operator at (540) 498-4000 to have Dr. Esway paged.

ELEVATION & ICE

Elevate. The incision needs to be above the level of your heart in order to control swelling.

Ice can also be used to help prevent swelling after surgery, 45 minutes on and 45 minutes off. A bag of frozen peas or corn sometimes works better than a bag of ice cubes.



INCISION/BANDAGE CARE

Bandages should be kept clean and dry at all times until your follow-up appointment; however, if the bandages feel tight it is OK to loosen them.

FOLLOW-UP

Please call my office at (540) 834-5448 to schedule a follow-up appointment if you don't already have one.