## Post-Operative Instructions for Upper Extremity

* Activity
  + Keep activities limited to only your “needs” and not your “wants” for 3 weeks
    - Needs- bathroom, kitchen, changing seats, daily needs. **NOT**- walking around mall, “exercise”, laundry, mowing grass- let someone else do it
* No heavy lifting with operative arm
  + Make effort to keep the extremity elevated when possible- for approx. 3 weeks
* Wound Care
  + May take shower
    - Make sure to keep dressing dry
  + Once bulky dressing is off clean the incision with soap and water (only for stitches)
    - Hibiclens and Hex-A-Clens (can find at local pharmacy)- **Don’t use a washcloth**
* Pat the incision dry, do **not** rub (for sutures and glue)
* For incisions that have stitches apply betadine 2x a day
* If your incision was covered with skin glue, do **not** attempt to scrape it off for 2 weeks
* Apply an ice pack to help with swelling or discomfort for no longer than 45 min at a time, insert a thin layer of cloth between skin and ice
* Cooling devices are fine to use. Make sure to have a layer of cloth between skin and device
* Your incision should look better every day. If it looks red, inflamed, or starts to hurt more and more- NOTIFY IMMEDIATELY
* Driving
  + As Driver:
    - Consult Dr. Williams about driving
* Follow-Up Visits
  + Follow up as directed by Dr. Williams
* If you are not progressing appropriately and would like to try formal hand therapy, please contact us