



Lisa R. Reznick, M.D., P.A.

BOARD CERTIFIED ORTHOPAEDIC & HAND SURGEON

SPECIALIZING IN GENERAL ORTHOPAEDICS & HAND SURGERY

GENERAL POST-OPERATIVE INSTRUCTIONS

1. To prevent swelling and increased pain, keep your operated limb elevated **ABOVE** your heart level at all times for the first 3-5 days following surgery.
 - ❖ When standing or sitting, your heart is at your breast level. Therefore, your upper extremity will be elevated if you rest your hand on your opposite shoulder, on top of your head or propped up on pillows on the arm of a chair or couch.
 - ❖ At night while lying flat, your heart is at your ribcage level. Therefore, despite your sleeping position, your upper extremity will be elevated if propped up on multiple pillows in the direction of the ceiling.
 - ❖ Wiggle and move your fingers to decrease swelling. Perform range of motion exercises as instructed by Dr. Reznick.
 - ❖ Apply an ice pack to the operative area for swelling but do **NOT** get the dressing wet. Do **NOT** apply ice directly to your skin. Continue icing for 3-5 days post-op or until swelling is controlled.
2. Keep your dressing and/or splint clean, dry and intact:
 - ❖ **DO NOT** remove your dressing or splint, unless instructed to do so by Dr. Reznick. You can loosen up the ace wrap if the dressing is too tight (fingers are swollen, numb or discolored). Contact Dr. Reznick's office if these measures do not improve these symptoms.
 - ❖ Use plastic bags, Press and Seal or Cling Wrap to cover your dressing/splint in the shower/bath.
3. Post-operative Medications:
 - ❖ Resume all of your usual medications after surgery.
 - ❖ Dr. Reznick has provided you with a prescription for your post-operative medications. One of the medications will be an antibiotic and the other medication will be for pain.
 - ❖ **DO NOT** take different medications at the same time to avoid side-effects. Space out these prescribed medications 1-2 hours apart and take with food to avoid nausea. If not contraindicated, you can also take Aleve 2 tablets twice a day **OR** Motrin/Advil/Ibuprofen 600-800 mg three to four times a day (not to exceed 2400 mg/day) as needed for pain
4. Return to Dr. Reznick's office within 2-4 days of your surgery for follow-up. Please contact Dr. Reznick prior to that time at (972) 395-9000 for any problems or concerns.