1. A plaster splint will be placed on your arm after surgery. You will not be able to bend or straighten your arm. However, you should often gently make a loose fist and spread your fingers apart to keep the circulation moving in your arm.

2. You may be given a Cryo/Cuff. This will be used after your first postoperative visit. It will keep swelling down. If you do not have a Cryo/Cuff, then use ice or an ice pack.

3. Enclosed are two prescriptions. Naprosyn, an anti-inflammatory medication, is to be used twice a day with breakfast and dinner, for the first 10 days after surgery. Vicodin or Dilaudid, narcotics, are to be used on an as needed basis for pain relief in addition to the Naprosyn.

4. You may shower. Cover the arm with a plastic bag and secure it around your upper arm with tape.

5. Your fingers may become swollen. Moving them frequently will help minimize this.

6. You may notice slight numbness/tingling in your fingers. This is normal for the first 12-24 hours. If this persists, contact the office. You may be directed to loosen the ACE bandage on your arm. If you develop a fever (101.5°F) or see redness or drainage from the surgical incision site, please call our office to arrange for an evaluation.

7. Please call the office to schedule a follow-up appointment for suture removal 7-10 days postoperatively.

If you have any questions, please feel free to call our office.

If you have any difficulty using anti-inflammatory medications, or have a history of ulcer disease, you will only use the narcotics postoperatively.

If you find that the Naprosyn is upsetting your stomach, please call our office to review the medications.