

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) 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.