

# Upper Extremity Surgery

## POST-OPERATIVE INSTRUCTIONS

1. Keep the affected extremity elevated above your heart, fingers pointed to the ceiling for 24-48 hours, propping with pillows. Ice packs are beneficial for the first 48 hours to help prevent excessive swelling.
2. Keep your dressing clean and dry. When bathing, cover the affected hand/ dressing with a plastic bag, and secure it down in some sort of fashion to keep it dry. Do not change your dressing, unless otherwise instructed. After 3 days you may remove and unwrap the dressing.
3. Keep your exposed fingers moving by making and opening a fist. Do this several times per day. This will reduce swelling and encourage circulation, which will keep your fingers from getting stiff.
4. If the dressing becomes too tight or uncomfortable, try elevating the extremity and loosening the wrap. If the pressure persists or you feel numbness, tingling or loss of circulation, please call the office as soon as possible.

### For Medical Questions...

Please call us at (317) 325.2699 Monday-Friday, 8 a.m.- 4 p.m. For after hours and on weekends, call the hospital operator at (317) 462.5544 to have Dr. Amde paged.