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If you have any questions, please contact the office at 859-263-5140.

Post-Operative Instructions:

Nerve Block Instructions:

Upper Extremity Nerve Block:

- You may have had a nerve block prior to your surgery. If so, you will not have control over the arm until the block has worn off (Approx. 6-24 hours). You must protect your arm during this time. If you have had a block, please use the sling as directed by your surgeon. You may develop some tenderness at the block site (neck). You may be able to soothe this area with warm, moist heat.

Lower Extremity Nerve Block:

- You may have had a nerve block prior to your surgery. If so, you will not have control over the leg until the block has worn off (Approx. 6-24 hours). You must protect your leg during this time. You may develop some tenderness at the block site. You may be able to soothe this area with warm, moist heat.

Medications:

- 1) _____ Norco 5/325mg 1-2 tabs PO q6 hours PRN # _____
- 2) _____ Oxycodone 5mg 1-2 tabs PO q4-6 hours PRN # _____
- 3) Please purchase an over the counter stool softener (i.e. Senna, Docusate) to help prevent constipation (Please take as instructed on the package).
- 4) Please increase your fluids to prevent post-operative constipation.
- 5) Please do not supplement pain medication with any NSAID (Ibuprofen, Advil, Aleve) for the first week post-operatively.

Care of the Operative Site:

_____ Leave the dressing on for _____ days. You may then remove the dressing and leave the incisions open to air.

_____ Leave the dressing on and intact until you are seen at your first follow-up visit.

_____ You may remove the outer (Splint) layer in 24 hours and leave the inner dressing intact until you are seen at your first follow-up visit.

_____ Leave the splint on and intact until you are seen at your first follow-up visit.

Other: _____

Showering/Bathing:

_____ You may shower after the dressing is removed, do not submerge the wounds in a bathtub or pool. After showering, pat the incision dry and leave open to air.

_____ Please keep the dressing and incisions clean and dry at all times until you are seen at your first follow-up visit.

Other: _____

Diet:

_____ You may eat a light diet today and resume your normal home diet tomorrow.

Other: _____

Driving:

- 1) Do not drive for 24 hours because of the medications you have had.
- 2) Do not drive if the dressing/injury restricts full use of the hand.
- 3) Do not drive if you are taking narcotic pain medication (i.e. Norco, Oxycodone, etc.)

Activity:

Follow-up:

Please return to your physician's office in _____ days (appt. will likely be made for you prior to discharge from the facility). Please call 859-263-5140 if you need to reschedule or change your appointment.

Additional Post-Operative Instructions:

Patient Signature/Date

Witness