



Duke Orthopaedics: Upper Extremity Division

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3609 SW Durham Dr, Durham, NC 27707

Discharge Instructions after Wrist Arthroscopy (Scope)

Dressings:

- A sling will be provided for you. Remain in your sling until the nerve block wears off. Once you have full feeling in the operative arm, use the sling for comfort and swelling control. The more the sling is utilized with hand above heart level, the better swelling control. The sling may be removed for dressing and showering.
- You were placed in a splint following surgery. Splint should remain on at all times until your first post-op appointment where we will take it off for you. The splint allows for the wrist to rest following surgery.

Pain Management/Medications:

- You were given a nerve block of the operative arm that will last approximately 16-24 hours. There should be minimal pain during this time period, but expect normal post-operative pain as the block is wearing off.
- You may use ice on the wrist through the splint intermittently over the first 48 hours after surgery and as needed thereafter for pain and swelling control.
- Please resume all normal medications the day after surgery unless otherwise instructed.
- Pain medicine has been prescribed for you. Use your medication liberally as directed over the first 48 hours, and then begin to taper your use.
 - No driving or drinking alcohol while taking narcotic pain medication
- You may take Extra Strength Tylenol or Tylenol in place of or in conjunction with you prescribed pain medication. Do not exceed 4,000mg Tylenol per day (including Tylenol in certain prescribed pain medications like Percocet or Norco)
- It is okay to take Ibuprofen (Advil, Motrin) or Naproxen (Aleve) as needed for pain and inflammation

Activity:

- Avoid weight bearing with the operative upper extremity until your follow-up appointment. Do not push or pull with that arm. Do not lean on operative side through hand or fingers.
- No lifting greater than 1-2 pounds.
- To prevent hand swelling: Move your fingers, squeeze crumpled magazine pages, keep your hand elevated above your elbow, and keep your elbow above your heart
- Exercises: You may begin active finger flexion and extension (making a fist and opening hand), elbow flexion and extension (bending and straightening), and shoulder normal motion in all directions the day after surgery.
- Showering: cover splint with plastic bag and tape to prevent ANY moisture getting to the splint. Splint should remain on at all times until your first post-op appointment where we will take it off for you.

Contact:

- Contact the office or emergency on-call resident if you notice any of the following:
 - Excessive redness or warmth of the incisions



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- Drainage for more than 4 days after surgery
- Fever of more than 101.5 F
- Worsening numbness of the hand
- Pain, redness, and swelling in your leg

-Go directly to the closest Emergency Room if you develop chest pain, difficulty breathing, or any complications that require immediate attention.

Follow-up:

You should have a post-operative appointment about 14 days after your surgery. A post-op appointment should already be scheduled for you. If you do not have an appointment in 2 weeks or if you need to change the appointment, please call 919-471-9622.