Elbow/Wrist/Hand Surgery Incision Care:

You may remove the dressing two days after your day of surgery and place band-aids over the incisions. Keep your incision(s) dry. Waterproof Band-Aids may be used, but should be changed to regular Band-Aids or another dry bandage after showering.

Elbow/Wrist/Hand Care:

1. Elevate the operative extremity above your heart when not ambulating.
2. Regular ice to extremity in 20-minute intervals as needed to relieve swelling and pain.
3. Full Range of Motion of all un-splinted digits (20 repetitions every hour). Significant changes in temperature, color, or difficulty in movement should be reported to your surgeon.

Call your surgeon at 256-539-2728 for any of the following:

Bleeding not stopped by direct pressure applied for 10 minutes
Fever greater than 101 · F
Uncontrolled nausea or vomiting
Pain unrelieved by pain medication