
Post-Operative Instructions Upper Extremity Surgery

- Ice your operative site for 72 hours after surgery. You can leave ice on the site for 30-45 minutes at a time if it is not uncomfortably cold. Ice the site several times each day.
- Keep your operative site elevated above your heart periodically throughout the day, up to 2-3 hours in the morning and 2-3 hours in the afternoon.
- Your dressing will be removed on follow-up. Keep it clean, dry and intact.
- If you develop increasing pain in your fingers, poor circulation or altered sensation in your fingers after your block wear off, call the office immediately.
- You may NOT put any weight on or force through your operative arm after surgery until instructed to do so by your doctor.
- You may move your fingers as you are comfortable doing so, but do not perform repetitive activity until instructed to do so by your doctor.
- If you do not already have one, call to make a follow-up appointment for 3–5 days after your surgery.
- Call with any questions 804-545-0215.