



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 3 to 4 times each day.
- Keep your operative site elevated above the level of 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 wears 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.
- You may not drive until follow-up.
- If you do not already have one, make an appointment for follow-up 3 to 5 days after surgery.
- Call with questions. (804) 288-3136, Extension 11050.



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starts
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