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 **PINEHURST SURGICAL**  
e x c e l l e n c e i n p r a c t i c e  
Surgery Center of Pinehurst

### Hand/Wrist/Elbow Surgery Home Instructions

#### GENERAL & BARIATRIC SURGERY

RAYMOND G. WASHINGTON, M.D.  
FABIAN E. ALZAMORA, M.D.  
H. WILLY CHU, M.D.  
DAVID W. GRANTHAM, M.D.  
REID C. VEGELER, M.D.  
BAILEY SANDERS, M.D.

#### EAR, NOSE & THROAT, HEAD & NECK

CARL W. BERK, M.D.  
JEFFERSON K. KILPATRICK, M.D.  
WYMAN T. MCGUIRT, M.D.  
WALDEMAR L. HEFKOHL, M.D.  
MATTHEW R. GRAFENBERG, M.D.  
JUSTIN D. MILLER, M.D.

#### WOMEN'S COMPREHENSIVE HEALTH

STEPHEN A. SZABO, M.D.  
WILLIAM V. TERRY, M.D.  
LISETTE MACHIN, M.D.  
SHAYNA S. JONES, M.D.  
TAYLOR MCCAULEY, M.D.  
RYAN B. NANCE, D.O.

#### UROLOGIC SURGERY

ROBERT J. CHAMBERLAIN, M.D.  
GREG L. GRIEWE, M.D.  
MANLIO A. GOETZL, M.D.  
JOHN R. MICHALAK, M.D.

#### VASCULAR AND VEIN CARE

CLINTON K. ATKINSON, M.D.  
PAUL A. VIETA, JR., M.D.  
GLENN FUSONIE, M.D.  
DAVID ADAMOLEKUN, D.O.

#### OPHTHALMOLOGY

MILES W. WHITAKER, M.D.

#### ORTHOPAEDIC SURGERY

MARK E. BRENNER, M.D.  
WARD S. OAKLEY, JR., M.D.  
NEIL A. CONTI, M.D.  
JOHN R. MOORE, IV, M.D.  
DAVID E. STROM, M.D.  
DAVID J. CASEY, M.D.  
KURT P. WOHLRAB, M.D.  
DANIEL M. WILLIAMS, M.D.  
CHRISTOPHER M. JOHNSON, M.D.  
JAMES T. MARINO, M.D.  
TONI A. WASHINGTON, M.D.  
DANIEL M. WILLIAMS, MD  
ALEXANDER C. LEMONS, M.D.  
LYNN M. FRASER, M.D.

#### PLASTIC & FACIAL PLASTIC SURGERY

RUSSELL B. STOKES, M.D.  
JEFFERSON K. KILPATRICK, M.D.

#### Rest and Elevation:

It is normal to experience mild pain and swelling, especially the first several days after surgery. To minimize the pain and swelling, elevate your hand above your heart level as much as possible

#### Ice:

Ice will help relieve the swelling and pain. Use the ice bag on your arm, 20 minutes on and 20 minutes off, as needed for pain until your follow-up appointment.

#### Medications:

A prescription for a pain killer will be provided and is usually needed for the first few days after surgery. It may cause nausea and constipation. Please take the medication with food and drink plenty of fluids to stay hydrated. If you experience severe nausea with the medication please contact the office. Do not drive as long as you are taking pain medication.

#### Surgical Dressing/Sutures:

Keep dressing clean and dry to prevent infection. Do not remove dressing or splint. The dressing/sutures will be removed at your scheduled post-op visit. Don't swim, bathe, or soak dressing. If you do get the bandage/splint wet please contact the office so we can assess if it needs to be changed before your post-op appointment.

#### Exercises:

It is important to continue using your hand as well as perform gentle squeezing exercises. This will help reduce swelling as well as keep your muscles/tendon/joints from becoming stiff. Unless otherwise instructed, make a tight fist and hold for five seconds, then release. Repeat several times throughout the day.

#### Follow-up Appointment:

It is important to keep your scheduled follow-up appointment. At this appointment your dressing will be removed, incision inspected, and any sutures/staples will be removed. Any further therapy and/or instructions will also be given at this time.

#### Things to watch out for and call the office about are:

**Bleeding:** if the bandage becomes soaked or the bloody area is larger than the size of a hand

**Fever:** above 101

**Pain:** unrelieved by the pain medication

**Difficulty breathing**

#### If you have any problems or questions after your surgery call

- **Dr. Wohlrab's Triage Line at 910-621-3791.**
- **After office hours at 910-715-1000 and ask for the Pinehurst Surgical Orthopedic Doctor on call.**
- **Our Afterhours Clinic is also available to walk in Monday-Friday 5PM-7PM, Saturday 9AM-11AM and Sunday 1PM-3PM.**