

POST-OPERATIVE INSTRUCTIONS
For Carpal or Trigger Finger Release
Dr. Opeyemi Elaine Lamikanra

Office number: 770.892.0300

Please make sure you have a post-operative appointment scheduled for 10-14 days after surgery unless otherwise instructed by Dr. Lamikanra

DIET: Your regular diet may be resumed today

MEDICATIONS:

- Resume your usual medications, **please review all medications with your PCP prior to discontinuing any of your regular medication.**
- Please take pain medication with food to reduce nausea and stomach irritation.
- **Do not** take more than 3000mg of acetaminophen/Tylenol in a 24 hour period
- Dr. Lamikanra does not typically prescribe antibiotics after surgery unless there is an infection present.
- Do not drive while taking narcotic pain medication.
- Per practice policy, narcotic medications are not allowed to be given over the phone or on weekends. Please allow 2-3 days for refill requests to be filled.

DRESSING:

- Keep your dressing clean, dry, and intact for 5 days; then you may remove dressing and wash your affected hand normally with soap and water. You may apply a band-aid to the incision or keep it open to air. **NO NEOSPORIN, LOTION, PEROXIDE, OR ALCOHOL TO INCISION AREA**
- Reinforce your dressing as needed, expect some mild drainage, please call if you feel there is too much drainage or if the dressing is too tight

ACTIVITIES:

- Rest today, we encourage you to have someone with you for 24 hours
- Numbing medication given during surgery typically lasts for 4-8 hours after surgery. It may take more time for it to wear off.
- Do not do any heavy or strenuous activity until cleared to do so.
- **Elevate** your operative hand and wrist on a pillow above your heart for 2-3 days. If properly elevated, you should be able to roll a marble from your fingertips to your elbow. This helps with both pain and swelling.
- Use an ice pack intermittently for 2-3 days, place a towel on dressing and apply ice to area of incision for 15-20 minutes
- Begin to work on gentle range of motion for any fingers that are free from your dressing

NOTIFY Dr. Lamikanra's office if you are unsure of your progress or if any of the following occur:

- Dressing is too tight (it is O.K. to unwrap the ace bandage to loosen the dressing if needed)
- Excessive swelling • Fever • Infection (redness or foul-smelling drainage)
- Excessive bleeding (it is okay to reinforce or overwrap the dressing if there is a small area of bleeding through the dressing)
- Continued vomiting/nausea • Uncontrolled pain