

## **Dr. Biswas' Instructions following DeQuervain's Surgery**

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### **1. REST, ICE, AND ELEVATION**

Remain generally at rest. Elevate your hand higher than your heart for the first 48 hours. Dressing/Splints must be kept clean and dry until your first office visit following surgery. You may use ice over the dressing site for the first 48 hours. Range of motion of the fingers is important and will also help decrease the swelling. Swelling in the fingers is common after upper extremity surgery. Elevation and range of motion of the fingers will improve the swelling.

### **2. MEDICATION**

**Take the following medication as directed:**

- Prescribed narcotic every 4–6 hours for pain. You may take Naproxen, 2 hours after the narcotic if you are still in pain.
- Zofran every 8 hours as needed for nausea.

**Do not take Tylenol with the Percocet.**

**Pain Medication Tips:**

- Do not drive while taking pain medications.
- Do not drink alcoholic beverages while taking pain medications.
- Pain medication should be taken with food as this will help prevent any stomach upset.
- Often pain medications will cause constipation. Eat high fiber foods and increase your fluid intake if possible.
- To alleviate constipation, purchase a stool softener at any pharmacy and follow the recommended directions on the bottle.

### **3. DRESSING/SHOWERING**

Slight bleeding through the dressing is common.

Do not remove your dressing until your first postoperative appointment. At that visit, you will be prescribed therapy to help regain motion in your wrist and thumb.

### **4. QUESTIONS/CONCERNS**

Your surgeon should be contacted by calling 630-920-2314, 24 hours a day for any of the following symptoms:

- Fever greater than 101.5 degrees F.
- Difficulty breathing or shortness of breath, CALL 911.
- Loss of good color or coolness in the fingers.
- Severe pain unresponsive to narcotic medication.

- Excessive bleeding or vomiting.

\*Please note, numbness in the fingers for the first 24 hours after surgery is to be expected, due to the administration of local anesthesia during your surgery.

## **5. FOLLOW-UP**

Your post-operative appointment will be scheduled 10–14 days after surgery. Dr. Biswas' office will arrange this follow up for you; if you have any questions, please call 630-920-2314.

### **Activity:**

- You can use your hand for activities of daily living, such as eating, writing, typing, getting dressed, brushing teeth, combing your hair, preparing food, and other light activities.
- Avoid heavy repetitive activities for the first 4 weeks such as hammering or weight lifting as these may increase scarring and may lead to prolonged recovery.

You may do light aerobic exercises 2-3 days after surgery.