

# Discharge Instructions

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## Discharge Instructions Diet:

You may resume your regular diet without restrictions.

## Dressing:

Keep the dressing clean, dry, and intact. On your next visit, the dressing will be removed and replaced with place a new one. There may be some staining or drainage noted on the dressing and you can reinforce it as necessary, but call if it is larger than a quarter.

## Medications:

Use the pain medication as directed for the discomfort. For the first 2-3 days, you may need to take the medication on a regular basis. After that, the discomfort usually improves and you may need the medication less frequently or only at bedtime. If the medication does not work, or if you experience any side effects, please call my office and we will arrange another medication for you to take.

Occasionally, I will prescribe an antibiotic to help prevent infection, but it is not routinely needed.

## Activity:

Rest today and take it easy. The anesthesia will occasionally make you sleepy so don't be surprised if you need to take some naps. Tomorrow you can resume light activities on a gradual basis. Try to keep your hand and arm elevated above the level of your heart; this helps with swelling and the throbbing pain. Two pillows at your side will usually do the trick. When walking around, use the sling, however, unfortunately this does not substitute for good elevation. Ice can be used through the bulky dressing and this will help decrease the swelling and pain. You can bathe tomorrow, but the dressing should be covered with a plastic bag and kept dry.

**Call Me If:**

- There is excessive swelling and/or dressing gets too tight.
- Your fingers become cool or pale.
- The pain medication is ineffective.
- If anything at all appears unusual.
- Once the dressing is removed, there is any redness or drainage, or if you develop a fever. Please call my office at (203) 865-6784 if you have any questions or concerns.

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