

Please call 301-340-9200 as soon as possible to schedule a follow-up appointment with Dr. Tuck on _____.

For **SEVERE** pain relief use _____. For **MILD** pain use Acetaminophen 700-1000 mgs. or Ibuprofen 400-600 mgs. every 4 hours or as directed.

Please call the office if you develop a fever greater than 101, increasing drainage, or increasing pain and/or numbness.

Keep the operated arm elevated at or above shoulder level and keep your fingers moving for the first 72 hours after surgery. Keep dressing dry and cover your hand with plastic to protect it during showering.

If directed by the physician, your dressing may be removed on _____ and replaced with _____.

Use the sling until _____. We encourage you to use your hand and fingers to help with eating, dressing, and personal hygiene.

You may eat or drink at home as tolerated. We suggest that you avoid spicy or other foods that are difficult to digest for the first 24 hours.

You may start taking your aspirin, vitamin pills, and blood thinners 72 hours after your surgery.

ICE PACKS SHOULD NOT BE USED UNLESS DIRECTED BY YOUR PHYSICIAN.