

# JENNIEFER KHO, M.D.

Surgery of Hand, Orthopaedic Surgery

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## POST-OPERATIVE INSTRUCTIONS

1. Keep the hand ELEVATED as much as possible until swelling is minimal.
2. MOVE the fingers, unless your fingers are in a splint.
3. Keep the dressing DRY. Put a plastic bag or glove, and tape, over the dressing during showers until sutures are removed (usually 2 weeks).
4. If you have had a carpal tunnel release or trigger finger release, you may remove the surgical dressing in 5 days, and place a BAND-AID over the incision. Otherwise, keep the dressing ON unless instructed otherwise,
5. You may ICE the hand/fingers as needed to reduce swelling and pain. Ice for no more than 20 MINUTES at a time.
6. If you were prescribed a narcotic, use it sparingly for moderate to severe pain. DO NOT DRIVE while taking narcotics. An NSAID and Tylenol are sufficient for mild to moderate pain relief.
7. Numbness, tingling, and swelling is very common after hand surgery. If there is severe swelling in the hand, ELEVATE the hand first. If not better after a few hours, then call the office.
8. Nausea/vomiting is very common after anesthesia. Stay HYDRATED and avoid narcotics if you have this symptom. Constipation is also a common side effect of narcotics.
9. If you have received a block/regional anesthesia before surgery, you should wear a sling until the sensation and movement in the arm returns to normal. Take scheduled pain medications before the block wears off.
10. Call the office for a follow-up appointment as directed by Dr. Kho (1-2 weeks).