



SPECIALISTS IN THE  
MEDICINE OF *motion*



## Satoru Chamberlain, MD

Hand & Upper Extremity Surgery

Please take a moment to look over the following instructions regarding your surgery. We know that surgery can be a very stressful experience for you and your family and that you may be nervous. This is normal, and we will make every effort possible to make your experience the best it can be! We are dedicated to achieving the best possible outcome for you. This takes a team effort between you, us, and many other healthcare professionals.

The following packet will hopefully be informative and decrease your stress prior to surgery! There are many other great resources about your condition, and hand / upper extremity surgeries. We encourage you to learn more about Dr. Chamberlain, your condition, and access links to help helpful websites and videos at [www.OrthoHealth.com](http://www.OrthoHealth.com).

We strive for nothing less than excellence in our quest to help you be the best version of you. We look forward to seeing you on the day of surgery!



# PRE-OPERATIVE INFORMATION

**Alisha or Selena: 970-419-7235**

- Surgery times are subject to change. We will notify you of any changes, usually not until the day before.
- You **MUST** have a ride home from a responsible adult, set up in advance. You are not allowed to drive yourself home, nor will you be allowed to leave in a Taxi or an Uber.
- Notify our office if you develop a fever or a cold prior to surgery as it may affect your surgery.
- Artificial nails and nail polish should be removed prior to surgery.
- If you use IBUPROFEN, ADVIL, ALEVE, ASPIRIN, or VITAMIN SUPPLEMENTS, please discontinue 5 days prior to surgery unless otherwise instructed. If you need something for pain, TYLENOL IS OK to take during this time.
  - Please let us know if you have a cardiologist in case clearance is necessary prior to surgery. If you are on blood thinners, such as Plavix or Coumadin, this will need to be held 3-5 days prior to surgery as well. Contact your cardiologist for recommendations during this 5 day period as they may want to bridge you on another medication. They should fax us written clearance, as well as any recommended instructions, ASAP to 970-493-1794.
- Nothing to eat or drink at 11 pm the night prior to surgery (this includes mints, gum, and tobacco products). You may be able to have small amounts of water up to 4 hours prior to surgery. **Additional instructions will be provided from the pre-op nurse**; please follow those instructions. **NON-COMPLIANCE COULD RESULT IN THE CANCELLATION OF YOUR SURGERY.**
- Surgery is scheduled as outpatient and you will be discharged the same day unless Dr. Chamberlain feels admission is necessary.
- Failure to cancel your surgery with our office prior to the day of surgery may result in a \$300.00 fee.



# POST-OPERATIVE INFORMATION

## General Information:

- After your surgery, please be sure to ice and elevate your surgery site while the swelling is increased. This will help control the swelling and pain. Elevating above your heart is most effective (**If you had shoulder surgery, please protect your shoulder by wearing your sling and not elevating**).
- If a nerve block is done, your arm may remain numb for 8-24 hours. Be sure to utilize the sponge or sling support and always ask for someone to help you when walking or changing clothes.
- A prescription will be given the day of surgery for pain management. You should begin taking medication prior to the numbing medication wearing off. This medication may make you drowsy or nauseous if taken on an empty stomach; it may also cause constipation. Do not drink alcoholic beverages or drive while on this medication. It is OK and recommended to use anti-inflammatories if you are able. (Advil, Ibuprofen, Aleve, or Naproxen). This can be taken safely with narcotics to help control pain and swelling. You may switch to Tylenol in place of the Narcotic pain medicine when it is no longer needed to keep pain manageable.

We Encourage a Post-Op Program of:

1. Physical Measures (Elevation / Rest)
2. Anti-Inflammatory Method (Ice / Advil / Ibuprofen)
3. Specific Pain Medicines (Narcotics / NSAIDs / Nerve Medicine)

- PLEASE ALLOW 48 HOURS FOR ALL REFILL REQUESTS. These have to be approved by the doctor. There are regulations limiting methods of prescriptions.
- Leave dressings and bandages on until your 1st therapy or PO apointment unless otherwise instructed. You will need to keep these dry and clean.

Contact Alisha / Selena with Questions @ 970-419-7235

## After Surgery:

- You may shower 36 hours after surgery. Keep dressings and incisions dry.
- Hot tubs or swimming pools should be avoided until the incisions are healed. Incisions should be healed with no scabbing present.
- Continue using ice and elevation as needed to control pain and swelling.
- Your 1st post-op visit should be set up by Dr. Chamberlain's medical assistant at your pre-operative visit. If a therapy appointment is recommended the 1st week after surgery, this should also be made the day of the pre-operative visit.
- You will be on single-handed duties following surgery. NO lifting, pushing, pulling, twisting, or climbing. Being over active may result in increased pain, swelling, and may interfere with wound healing. Adminsitrative work is generally OK as tolerated after the 1st week.

## POST-OPERATIVE INFORMATION

### **After Surgery (Continued):**

- If you are using an outside provider for therapy, call the facility prior to surgery, verify they accept your insurance and make your appointment. You may need to provide your referral prior to making the appointment. (For Hand / Elbow / Arm surgery, splinting may be needed. Be sure the facility provides this service).
- It is generally suggested that you have a responsible adult to help you for 24 hours after surgery. This significant other should have knowledge of your medical conditions and should be able to discuss your treatment on your behalf.

### **Therapy:**

With many hand surgery procedures, the first post-op visit may be with a specialist in hand therapy. We have dedicated agreed post-op protocols with most regional hand therapists.

**24 Hour On-Call Doctor**

**Cast Room Available Monday - Friday, 8 a.m. - 4 p.m.**



# UPPER EXTREMITY POST-SURGICAL INSTRUCTIONS

## Pain Control & RICE Protocol:

Take the pain medicine prescribed for you only if needed; take with food. If you have any problems with this medication (itching, nausea, rash, gastrointestinal problems) stop the medication and call our office.

Your physician may also prescribe an anti-inflammatory medication in addition to or instead of the pain medication. The anti-inflammatory should be taken with food. We recommend that you eat half your meal, take the medication, and then finish your meal. If you experience any stomach upset or gastrointestinal problems, stop taking the medication and call our office. In general, anti-inflammatories should not be taken by patients with a history of ulcers, kidney, or liver problems, unless approved by your physician.

Swelling is normal after surgery. Excessive swelling is usually the main cause of pain. The following should help control swelling and manage pain.

## Just Remember RICE:

**Rest** at home and limit your activities for at least 24 hours or longer as your surgeon recommends. Let pain be the guide; if you have pain with certain activities, back off.

**Ice.** Unless you are advised not to do so, use ice after your surgery to help relieve swelling. Place an ice pack over your bandage near your incision(s) 4 times a day at first, gradually discontinuing as pain and swelling indicates. Leave it on until ice starts to melt.

**Compression.** the bandage placed over your surgical incision after surgery will act as compression as well as guarding against potential infection.

**Elevation.** Start elevation of the surgical area above your heart immediately after surgery and continue constantly for at least 3 days. After 3 days, let pain/swelling be your guide. You may need to continue for a week or more. You might be given a foam pillow to assist with elevation of your hand or wrist. This is used when you are sitting in a chair or reclining.

The following positions are suggested to maintain elevation:

## For Finger/Hand/Wrist/Elbow Surgery:

Keep your hand and arm elevated above heart level: Keep your fingers above your wrist, wrist above elbow, and elbow above your heart to keep a direct blood flow to your heart.

## When Sitting or Standing:



Statue of Liberty



On Top of Head

## When Lying Down:

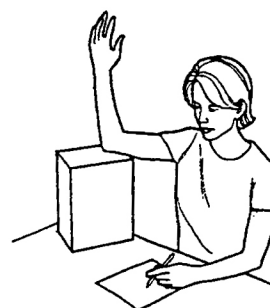


Pillows on Chest



Lie on Opposite Side: Prop Arm up w/Pillows

## When Sitting at Table or Desk:



Prop on box, stack of books or pillows