



## DISCHARGE INSTRUCTIONS FOR DE QUERVAIN'S RELEASE

Mark Ayzenberg, MD, FAAOS

### ACTIVITIES:

1. Rest and relax today. Do not resume usual activities.
2. Please keep the splint and dressing in place until your first post-op visit.
3. Exercises: Motion of your hand and elbow around the splint is encouraged to minimize stiffness.
4. No strenuous activities. No sports, gym or work (except sedentary) until discussed at your first postoperative visit.
5. Driving will vary with every patient and should be discussed in the office before attempting.
6. Physical therapy is initiated, when necessary, at your post-operative visit.
  - a. It is important that you attend each session to attain the very best surgical outcome.

### CARE OF OPERATIVE SITE:

1. **Dressings:** Please leave dressing in place until it is removed at your first post-operative dressing.
2. Showering: Please maintain dressing in place and dry.
3. **Swelling:** Swelling is common to experience. This may cause stiffness and discomfort. This may last for several weeks after surgery. To minimize the swelling, use ice packs.
  - a. Cold therapy should be used as often as possible, especially for the first 48 hours.
  - b. Cold therapy can be used 3-4 times daily to control pain and swelling throughout your recovery. This may be used as needed for your comfort.
4. **Signs of Infection:** With any surgery it is important to be aware of signs of infection, which can include: unusual looking incision such as increased redness or smell, drainage to be green or yellow, and increased fever. It is normal to have a slight temperature post operative, but above 101.5 degrees; you should contact our office.

### MEDICATIONS:

1. Resume your medications and take any prescribed medications that have been added to your medication list.
  - a. Take your pain medication with food to avoid any nausea or vomiting.
  - b. Dr. Ayzenberg prefers you avoid any NSAIDs such as Ibuprofen (Advil), Motrin, Naprosyn, etc for the first 7-10 days after surgery. Once you no longer require narcotic pain medication, please use Tylenol alone.

- c. Pain medication may cause constipation. If this occurs, please increase your fluid intake (prune juice). You may also try over the counter stool softeners or laxatives.
    - i. Stool softener: Colace twice a day as directed.
    - ii. Laxatives: Milk of Magnesia as directed. (takes several hours to work).
    - iii. Benadryl: You may utilize Benadryl as needed for itching.
2. In addition to the pain medication, you may take over-the-counter non-steroidal anti-inflammatories (NSAIDs) to control your pain and swelling beginning 10 days after your surgery, as long as you do not have any kidney problems, bleeding problems, or other reasons your doctor does not want you to take NSAIDs.
  - a. You may take Motrin by mouth every 8 hours with food **or** Aleve by mouth every 12 hours with food.
  - b. If your surgeon has placed you on a prescription anti-inflammatory prior to surgery, you may take that medication instead of the over-the-counter Motrin/Aleve.
  - c. If you are already taking blood thinners, such as Coumadin or Plavix, these medications should not be combined with non-steroidal anti-inflammatories (Advil/motrin/ibuprofen, Mobic, Aleve, Aspirin, Celebrex, Naproxen, and Voltaren).
  - d. If taking a blood thinner prior to surgery, call your prescribing physician to see when you are to restart your medication.

### **ANESTHESIA:**

1. Patients may experience nausea for the first 24 hours after surgery due to the anesthesia.
2. Some patients receive an Inter-scalene block for additional pain control during surgery and post-operatively for certain procedures.
  - a. This numbing medication lasts for up to 36 hours before abruptly wearing off.
  - b. You may experience some numbness/tingling or burning in your fingers during the first 24-48 hours after surgery.
  - c. Be sure to take your pain medication as directed to avoid severe pain when the block wears off.
  - d. To avoid limb injury, use the sling until you have no numbness and full control of movement in your hand and fingers.

### **POST-OP VISIT:**

1. Your first post-operative visit will be 10-14 days after surgery with Dr. Ayzenberg.
2. Please call the office the day after surgery to make or confirm your appointment. The phone number is: (215) 821-7059.
3. If you experience fevers >101.5F, or calf swelling and pain, or any other unexpected symptoms, please call the office or call service immediately.

### **Emergency Contact**

1. If experiencing a true emergency, please call 911 or go to the ER.
2. Otherwise, please call the office at 215 821 7059 during office hours.
- 3.

**Thank you for entrusting Dr. Ayzenberg & Iron Mountain Orthopaedic Institute with your care.**