



## **DR. HWANG POST OPERATIVE WRIST AND HAND SURGERY INSTRUCTIONS**

You have just undergone surgery by Dr. Hwang. A special dressing has been placed on your hand and arm to reduce motion and control postoperative swelling. It will be necessary for you to elevate your hand and arm higher than your heart at all times in order to reduce swelling until you return for your first appointment. Please do not remove the dressing until returning to the clinic. You may use the sling as needed for comfort and to keep your wrist and hand elevated. We do not recommend driving unless cleared by Dr. Hwang or his staff and all narcotic pain medication has been discontinued. Please refer to Dr. Hwang's website ([drjhwang.com](http://drjhwang.com)) for specific instructions regarding the type of surgery you had performed.

You may experience some temporary numbness in your fingers and hand, but there should be very little if any bleeding. If you had the extremity nerve block it may last until the next day. You may use prescribed narcotic pain medication for pain control if necessary. In general, we recommend using over the counter non-narcotic pain medication such as Tylenol first. Oftentimes, patients do not need narcotic pain medications after the surgery. Dr. Hwang follows the Washington state guidelines when prescribing the narcotic pain medications.

You were given a post operative appointment date and time prior to surgery. If you cannot locate it, please contact our office at 509-454-8888.

At your first appointment following surgery, you will be seen by Dr. Hwang or his mid-level provider (physician assistant or nurse practitioner). Your dressing and sutures are usually removed at this time however, sometimes there is a need for them to stay in place longer.

If you have any problems other than normal post-operative discomfort, please do not hesitate to call our office. If you call after hours a message will direct you to our answering service. These might include active bleeding through the bandage, drainage from the wound, an elevated temperature, or an extreme increase in pain.

Dr Hwang and his staff are committed to having your surgery to be as successful as possible.