

Post-Surgery Instructions Adult Primary/Nerve Surgery

WEEKS ONE TO THREE

Goal: Allow incision and post-operative healing. Passive range of motion to prevent secondary complications to the shoulder, elbow, wrist and hand.

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| Immobilizer | A standard arm sling is worn for the first three weeks following surgery. The sling should be worn at all times. | If the sling malfunctions, a new one can be purchased at a medical supply store. |
| Incision | Check for signs of infection—discharge of any kind, redness, warmth, smell. Keep clean and dry. Change dressing 1x / day. See your pediatrician for an incision check one week following surgery. | Check with your family doctor. |
| Circulatory | Check nail beds for two days post surgery (should be pink). Press nail bed until turns white and release, should return normal pink color within 2 seconds. | Call Dr. Nath ASAP (866) 675-2200 |
| Bathing | Sponge baths only until incision is completely closed. | |
| Passive Range of Motion | Shoulder, elbow, wrist, fingers carefully, as tolerated. | |

WEEK FOUR

Goal: Begin regular therapy with no restrictions. Continue passive range of motion to prevent secondary complications to the shoulder, elbow, wrist and hand. Follow-up with Dr. Nath drnath@drnathmedical.com— (866) 675-2200.

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| Immobilizer | Stop using arm sling. | |
| Incision | Check for signs of infection (discharge of any kind, redness, warmth) Steri-strips may fall off on their own. Begin to remove steri-strips with warm soapy washcloth. Leave open to air. | Check with family doctor |
| Bathing | Normal bathing allowed if incision is completely closed. | |
| Therapy | Passive range of motion (PROM) to shoulder, elbow, wrist and fingers. Therapy resumes with no restrictions (including electrical stimulation, strengthening, etc.) | |