



**DARIN W ALLRED M.D.**  
ORTHOPEDIC SURGERY AND SPORTS MEDICINE

## **Ultrasound Guided Minimally Invasive (Sonex) Post Operative Instructions**

### **Food**

Eat what you want

### **Dressing**

Sometimes we apply the dressing very tight after surgery. Please feel free to unwrap it and re-wrap to make yourself more comfortable after an hour or two. You may remove the dressing and apply bandaids or other dressing of choice in 48 hrs.

Keep the dressing/incision dry for 48 hrs. After that, it may get wet but do not soak it or get it dirty until it heals (usually 2-3 weeks)

### **Activity**

Keep your hand elevated for 24 hrs to reduce swelling and pain.

You may do anything that your pain allows. Most people can return to light duties in 2 days. Many can return to heavy activity in 4 days but it can take as long as 4 weeks.

### **Blood clots**

Blood clots are rare after upper extremity surgery.

### **Swelling**

The best way to improve swelling is elevation of your hand. Ice also works if you do not have a cast or splint.

### **Physical therapy**

You will not need PT. I do want you do stretch and move your hand as much as you can tolerate after surgery.

### **Medications**

For the best pain control: Rotate over the counter ibuprofen and Tylenol. For example take regular Tylenol followed by Ibuprofen 2 hrs later. Do not take more than the recommended daily dose for each. Narcotics are not needed.

### **Narcotics**

Narcotics are not needed after surgery.

### **Numbness**

Numbness lasts a few hours after surgery. If your numbness does not improve after a few days please make an appointment for evaluation.

### **Post Operative Visits**

Make an appointment 4 weeks after surgery if you want. Most people do not want to follow up.

### **Concerns**

Call the office at if you experience the following:

Increased redness at incision site

Pain that is uncontrolled and increasing over hours

Uncontrolled bleeding

Fever > 101 ° F or shaking chills

Painful swelling

### **Contact**

Please refer to the website for the office phone number.