

VIRGINIA HAND CENTER
2819 N Parham Road, Suite 100
Richmond, Virginia 23294
(804) 288-9466

You have just had surgery by Dr. Leibovic. Please follow these instructions to insure a safe and speedy recovery.

- A. **SURGICAL DRESSING (Bandage).** Your bandage should be kept clean and dry!! It protects your surgical incision and guards against infection.

- B. **ELEVATION:** It is **VERY IMPORTANT** that you keep your arm and hand above the level of your heart at all times, awake or asleep. The higher you elevate your hand, the less it will swell and **THE LESS IT WILL HURT!** If your hand begins to throb, it is often because it is insufficiently elevated. In that case, raise it up as high as if you were asking a question in class! You may support your arm on pillows. When walking around, elevate the arm as if you were the **STATUE OF LIBERTY!!** If you sit at home and watch TV or read the paper, place a pillow under your elbow as you rest the arm on a coffee table or similar furniture. This is most important for 48 hours after surgery.

- C. **MEDICATIONS:** You have been given a prescription for pain medication. Take it according to the instructions on the container. Do not drink alcohol when taking pain medications. Do not drive, operate machinery or make important personal or business decisions, since the medication may make you drowsy. We do **NOT** refill prescriptions over the weekend. Please arrange to call for prescription refills during our regular office hours.

- D. **APPOINTMENT:** On your first visit you will be seen by either Dr. Leibovic, his therapist or his nurse. If an appointment has not been made for you, please call our office to make an appointment to see:
 - Your doctor in _____ days/weeks
 - Hand therapist in _____ days/weeks
 - Nurse in _____ days/weeks

Doctor Appointment: Date: _____ Time: _____

Hand Therapy: Date: _____ Time: _____

- E. **AFTER GENERAL ANESTHESIA OR I.V. SEDATION:** **DO NOT** drink alcohol, drive, work around machinery or make important personal or business decisions. Limit your activities for 24 hours, start diet with light foods (Jell-o, clear soups, caffeine-free soft drinks). If you have no nausea, resume your regular diet.

- F. We want your surgery and recovery to be as comfortable and successful as possible. Should you have any problems, please call our office at any time. In particular, call if:
 1. Pain is not adequately controlled by prescribed medicine.
 2. Temperature is over 101 degrees.
 3. Bandage is wet or has a foul smell.

I have read and fully understand the instructions on this sheet.

Date Signature of patient or guardian Nurse

Date Physician