

## Activity

You were given medications today that can cause you to feel drowsy and/or nauseous. This can last up to about 24 hours.

- Do not drive or operate heavy machinery or power tools.
- Do not drink alcoholic beverages .
- Do not make important decisions or sign legal documents. Your judgment may be affected.
- Try to rest as much as possible.

## Pain

Pain medications can make you drowsy and dizzy. They may impair your ability to make sensible decisions. It is best to rest while taking these. Do not drive or operate any machinery while under the influence of narcotic pain medication

## Diet

Begin with clear liquids and progress to your normal diet.

## Notify your Doctor if any of the Following Occur

- Numbness or tingling in the fingers.
- Inability to move fingers.
- Some swelling and bruising is normal. Check the circulation by pressing on the nails to see if the color changes from pink to white then back to pink again after you stop pressing. If your nails remain white, call immediately.
- Cast becomes loose, broken or wet.

## Wound Care

- Elevate hand at or above heart level.
- The more your hand hangs below the heart level, the more swelling and pain you'll likely experience.
- Wiggle your fingers often. This will help with swelling, pain and stiffness.
- Keep the cast/splint clean, dry and on at all times. Do not stick anything down the cast/splint.

## Medication

Take the pain medication as directed on the bottle.

## Follow-up Appointment

Your postoperative appointment has likely already been made. If you are unsure of your time then call \_\_\_\_\_ to verify.

\_\_\_\_\_  
Patient/Parent/Guardian

\_\_\_\_\_  
Physician