



Post-Operative Instructions

- Keep dressing clean and dry.
- Remove dressings postwar operative day 2 and apply band aid over incision site.
- Do not get the operative site wet (shower/swimming) until approved by Dr. Ashraf.
- Maintain a schedule for prescribed pain medications. Once a severe level of pain is reached, it is much more difficult to control the pain.
- Keep your extremity elevated (if possible) to minimize swelling. This will also help with pain control.
- It is not unusual to have a slight fever after general anesthesia for the first 24 to 48 hours after surgery. Drinking fluids, deep breathing, and coughing are helpful after surgery to limit the development of fever. If fever >101 , Please contact the office for further instructions.
- Pain medicine can cause itching, nausea, and/or constipation. These are all COMMON side-effects of narcotic based medicine and are not necessarily a drug allergy.
- It is not unusual to have swelling and pain of the extremity after surgery. If necessary, the ace wrap can be loosened if it seems too tight, but please do not remove the splint (if applicable).
- It is not unusual to have some mild bleeding that soaks through the dressing. Please reinforce the dressing with more gauze dressing, or ace wrap if available, to provide more compression. If this does not control the bleeding, then please contact the office.
- Apply ice continuous to the surgical region for the first 48 hours post surgery. After that time, you may apply 3-4 times daily for 20 minutes.
- Do not apply cooling unit pad directly on the skin.
- If you have any questions, please call our office NJ: 201-308-6622
NYC: 646-650-2229