

Post-op PATIENT Instructions: GANGLION CYST REMOVAL

Dressing: A dressing has been applied to your wrist to absorb any fluid/blood. The dressing is to be left intact until your first post-op appointment. A wrist immobilizer has been applied for support and comfort and should be worn until seen in the office. Soreness and bruising is expected for several days afterward.

Bathing: Showering is permitted following surgery with the dressings covered to keep them dry.

Ice: Ice is a powerful anti-inflammatory. Icepacks/wraps will help to reduce swelling and pain. Use liberally (20-30 min./session), but remember to protect the skin from direct contact (and frostbite).

Activity: No heavy lifting of anything heavier than a coffee cup until your stitches are removed. Finger range of motion and gripping are encouraged to help control swelling and improve motion. Elevation of hand/wrist above the level of the heart is encouraged to help control swelling as well.

No driving until permission is given by your surgeon.

Pain: Begin taking pain medications as soon as you BEGIN to experience pain! These meds can take 45-60 minutes to start “working”. You do not want to play “catch-up” by letting your pain get out of control. Nausea, drowsiness, and constipation are common side effects of narcotics. **Adequate fluid intake and a stool softener obtained over the counter from your local pharmacy is important to minimize constipation.** Call the office if you are unable to tolerate your medication.

NARCOTIC MEDICATIONS ALONE WILL NOT PROVIDE COMPLETE PAIN RELIEF. COLD COMPRESSION (ICE MACHINES), TENS USE, AND REGULAR TYLENOL AND ANTI-INFLAMMATORIES (ALEVE/IBUPROFEN, IF MEDICALLY OK) ARE CRITICAL PARTS OF YOUR PAIN CONTROL PLAN. REQUEST FOR NARCOTIC REFILL WILL ONLY BE ACCEPTED DURING BUSINESS HOURS. PLEASE GIVE 24-48 HOURS FOR MEDICATION REFILL REQUESTS TO BE ADDRESSED

Precautions: Call the office (813)-754-1199 if you develop: temperatures >101°F, shortness of breath, chest pain, uncontrolled pain, marked redness/hives, persistent drainage, new onset numbness, significant incisional/calf swelling, or any other concerns. **Call 911 or report to the nearest emergency room with any concerns for medical emergencies**