



JOSHUA ALPERT, MD

**Dr. Joshua Alpert
Post-Operative Surgery Instructions:
Hand/Finger Surgery (Trigger Finger)**

Immediately After Surgery in the Recovery Room:

- After surgery you will be taken to the recovery room, where your family can meet you. You will have a dressing with ace wrap on your operative hand. The ace wrap and dressing should stay on until your first post op visit.
- It is encouraged that you move your fingers and elbow as much as possible to increase circulation.
- You will receive a prescription for pain medication for your return home. We recommend taking the first dose immediately when getting home, then as needed. Please note that common side effects of the pain medication are nausea and constipation. Any over the counter stool softener will work for constipation. If you have intolerable nausea, please call our office to discuss further.

After Surgery at Home:

- The dressing and ace wrap should stay on until your first post op visit. Keep it dry by covering it with a plastic bag while showering.
- Continue moving your fingers and elbow to increase circulation and promote healing. Ice and elevating the extremity will help with swelling and pain.
- Pain medication: We will not call in medication refills after 5pm or on the weekend. Please let our office know during business hours when a refill is needed, and we will call it in per office policy.

First Post-Op Office Visit:

- Please arrange to see Dr. Alpert or PAs Christina or Joe in the office 1-5 days after surgery.
- At your first post op visit, the dressing will be removed and the wound will be assessed. The second post op visit will be about 14 days after the surgery to remove the sutures.
- If you have any questions or concerns regarding your surgery or the rehabilitation protocol, please contact Dr. Alpert's office at 224.293.1170 and ask for Christina (PA), Joe (PA), or Nikki (secretary).

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