

## **SWELLING**

Surgery is traumatic to your body. Trauma commonly causes swelling and bruising. These are both normal and expected following surgery. There are a few things you can do to minimize these things.

- **REST** keeps your heart rate and blood pressure lower which will help decrease pain and swelling.
- **ICE** can help decrease swelling which will in turn decrease pain.
- **COMPRESSION** decreases swelling. You may use it carefully as too much compression can increase pain. You will find what works best for you.
- **LOOSEN YOUR DRESSING** If you are having any numbness, tingling or increasing pain, you may loosen or cut your dressing open. Please do not remove your splint entirely as it is protecting your surgery. If loosening a dressing does not alleviate numbness or tingling call Dr. Williams or Rosie, or go to the ER.
- **ELEVATION** Sit or sleep in a reclined position to decrease swelling in the shoulder. For an elbow, wrist or hand, elevation on pillows above the level of your heart.
- **ACUPUNCTURE** can effectively decrease swelling.

## **DRESSINGS**

- It is normal to have some bleeding and/or drainage of clear pink fluid after surgery. You will have a bulky absorbent dressing on after surgery for this reason. Sleeping with a towel under the surgical dressing can help save your linens from unexpected leakage from your dressing.
- Keep the surgical dressing on until you are instructed to change or remove it. Please keep it dry. We will usually see you within 3-7 days for a wound check and/or suture removal.
- If instructed to do so, you may clean it either in the shower gently with soap and water, or with an alcohol swab or Hydrogen Peroxide. Pat dry and put new clean, dry dressings on. If your wound has active drainage, you should not get it wet.
- Signs of wound infection include increasing pain, heat, redness, and drainage that looks cloudy or thick. Contact us if you see this.