

# Proximal Row Carpectomy

## General Information

- Swelling and pain is normal, especially for the first 48 hours. Each patient experiences discomfort to a different degree but you can expect your discomfort to decrease rapidly over the first 48-72 hours postoperatively.
- Ice can be applied as needed for 20 minutes at a time, with 20 minute breaks in-between once any regional anesthesia effects have worn off.
- If you are experiencing any of the following, call our office, the doctor on call or seek emergency care immediately. Refer to “How to reach your provider” on the far right side:
  - o Fever greater than 100.4 °F and or chills
  - o Shortness of breath
  - o Excessive redness or swelling of incisions
  - o Yellow (pus-like) or white drainage at incision sites
  - o Bleeding that soaks your dressings and cannot be controlled by firm pressure
  - o Pain not relieved by prescribed medications
  - o Swelling not relieved with elevation

## Activity

- Limit weight bearing on the operative side to under two pounds and you are encouraged to perform gentle range of motion of the fingers.
- Keep your hand elevated when not in use to reduce swelling. You may lower your arm for use but this could cause your arm to throb and swelling to increase.
- When you can return to work is dependent upon the type of work you do. Please ask your provider for specific work restrictions.
- You can drive once you are fully weight-bearing, no longer immobilized, and no longer taking narcotics.

## How to reach your provider:

### MyChart:

This is the easiest and quickest way to contact your provider. You may send a message anytime, and can include photos as needed.

### By phone:

Weekdays 8 a.m. - 4:30 p.m.  
Call the Upper Extremity  
Orthopaedic Clinic at  
**503-494-8645.**

After business hours/weekend/  
holidays: Call the OHSU Hospital  
Operator at 503-494-8311 and  
ask to be connected to the on-call  
orthopaedic resident.

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## Splint

- You will be placed in a post-operative splint from surgery until your first post op visit. At that time, you will be placed into a removable brace.
- It is OK to shower at any time after your procedure but your splint must be kept clean and dry. While showering, it needs to be covered and water-tight.
- Do not soak or submerge in pool, hot tub or bath tub until cleared by your provider.
- If your post operative splint is too loose or tight or gets wet, please contact our office.

## Pain Medication

- It is recommended that patients begin tapering pain medication following discharge as soon as possible due to risks. Typically, patients can be on pain medications for 1-2 weeks post op. Our office requires 48 hour notice for all medication refills. Refills received after 3pm will not be processed until the next business day. **Refills will not be provided after hours, during weekends, or on holidays.**
- In most cases you are able to utilize over the counter pain relievers per label instructions and your tolerance. If you are unsure about taking over the counter medications please reach out to our office. Please be aware that some prescription pain medications have Tylenol included and you cannot exceed maximum dosages over 24 hours. You can review this with your pharmacist or call our office.
- Please take over the counter or prescribed laxatives while taking opioids. Please let your providers office know of any medication allergies.

## Narcan

- CDC guidelines recommend all patients taking high doses of opioids should be prescribed Narcan in case of overdose. Please use as directed and keep with you at all times.

## Pain Pump/Nerve Block

- You will likely have received a regional anesthesia (also called a nerve block or home pump). This will cause the operative extremity to be numb up to 1-4 days depending on the type of block. This may greatly diminish your discomfort. However, as the anesthetic begins to wear off, you are encouraged to take your pain medication as prescribed.
- Pain Pump Malfunctioning: Call 503-494-8311 and ask for the Home Pump Physician on-call.

## Occupational Therapy

- Occupational therapy will start approximately 2 weeks post-operatively.
- **You will have your first post-operative appointment with our office approximately 2-3 weeks after your procedure.**