

The Surgery Center of Chevy –Chase
Dr. Leo Rozmaryn
Post-operative Instructions for Hand or Arm Surgery

1. Elevate the arm above heart level. **Do not use a sling unless ordered by Dr. Rozmaryn.** Hand should be held above heart level when walking.
2. **DO NOT REMOVE DRESSING!** Dressing should be kept clean and dry. Keep your fingers moving to promote circulation and .prevent stiffness and swelling. Fingers should be opened and closed every few minutes.
3. The doctor's office should be notified if you experience any of the following:
 - a. Numbness or tingling of the fingers.
 - b. Increasing pain.
 - c. Fingers- that are pale and. cold -or purple.
4. Ice should be applied 30 min. on and 30 min. off every hour while you are awake for the first 2 days (48 hours) following surgery. Be careful to keep dressing dry.
5. Follow up with Dr. Rozmaryn in his office 10 days after your surgery date. Please make this appointment if it has not already made.
6. You should not drive a vehicle for 5 (five) days following, your surgery. Please make arrangements to have someone take you to other appointments as necessary.
7. Please do not use your hand/arm for typing or other activities until you have come to your post-op appointment with Dr. Rozmaryn and-he has cleared you to do so.

If you have any questions or concerns please call and speak with .a medical assistant or Dr. Rozmaryn at his office at (301) 254-1433. Please listen to the automated system and use prompt number 4. The medical assistant will return your call as soon as possible if you leave a message. Please leave the details of the problems you are having so they can discuss this with the doctor. They will then be able to give you thorough advice when they return your call. Office hours are Mon.-Fri. 8:30am until 5:00pm. A doctor is on call 24 hours a day should there be any emergency