

**Surgeon:** Mr Scott Mason  
**Contact:** 03 5332 2969

## UPPER LIMB SURGERY PATIENT INFORMATION

- It is advisable that you keep the operated hand/arm/elbow elevated as much as possible. If possible, elevate above the level of the heart- you can use a pillow(s) to help achieve this.
- Elevation helps reduce swelling. Reducing swelling helps reduce pain. An ice pack (wrapped in a thin towel) can also be applied over the bandaging. Only apply the ice pack for 20 minutes at a time.
- If a sling has been provided for you- please use as instructed.
- Please keep dressings dry & intact until your review appointment in the rooms.
- You will be prescribed Panadol (Paracetamol) and Mobic (a non-steroidal anti-inflammatory) post operatively.
- Tramal (a narcotic pain reliever) may also be prescribed- use this only if the other pain medication is not strong enough.
- Please ensure Mr. Mason is aware of any allergies and medications you are taking.
- For the 24 hours following surgery, do not operate heavy machinery, engage in sports, heavy work or lifting, conduct responsible business, sign documents, or engage in any task that requires a good deal of skill, co-ordination or judgment.
- Driving is not permitted until advised by Mr Mason.
- Please discuss return to work requirements. Time required off work will depend on your individual circumstances.