



ORTHOPAEDIC ASSOCIATES

of Wisconsin

There is a Difference.

Tenex Procedure Discharge Instructions

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1. Keep the operative area above level of heart for next 24 to 48 hours, as much as possible. It's ok to drop the arm when using for light activity. You should rest as much as possible for the first 3 days after the procedure.
2. Keep your fingers moving as much as possible/comfortable, while awake. Exercise your fingers, wrist, elbow and shoulder hourly while awake. This keeps swelling down.
3. You may use ice but never apply it directly to the skin and never leave on for more than 20 minutes per hour.
4. You may have increased pain tonight and during the next few days. You may use over the counter Tylenol or NSAIDs for pain relief.
5. You may shower, but do not soak the bandage or let water seep underneath the bandage
6. Leave the tegaderm (clear bandage) on the skin, leave on until first appointment.
7. You have steri-strips over the small incision [paper tape on skin], leave them in place on your skin as they are holding the skin together.
8. Perform only light and sedentary activity until 3 weeks after the procedure. Resume routine activities between 3 to 6 weeks. Resume full activities after 6 weeks.

If you do not have a **postoperative appointment** scheduled, call (262) 303-5144 to make an appointment for 2 weeks after your surgery date. You will receive a prescription for physical therapy, if it has not already been scheduled.