



Home Care Instructions

Closed Reduction Percutaneous Pinning, Scaphoid

- Diet:** Start out with liquids and progress to your regular diet as tolerated.
- Activity:** Don't plan any other strenuous activities until you have been cleared to do so by Dr. Russonella.
- Pain Medication:** You will be given a prescription for narcotic pain medicine before you leave the hospital. Take this medication only if you need to relieve severe pain. Only take one pill every four hours. If your pain is not relieved by one pill, you may take two pills at your next dose. You may also use Aleve or Advil over the counter medicine if you choose. Use caution when taking narcotic medications, because they affect your ability to drive and concentrate.
- Ice:** An excellent source of relief of pain, swelling, stiffness and inflammation. Use it as often as 20 minutes out of every hour. You may continue to use ice several weeks following surgery.
- Return Visit:** Please schedule your return visit to see Dr. Russonella. Please call the office at (973) 680-0046. At that visit you will have your sutures or staples removed. The return visit should be scheduled approximately 10 days to 2 weeks after your procedure.
- Emergency:** Dr. Russonella's staff is available 24 hours a day in case you experience any problems once you leave the hospital.
- Wound Care:** Arthroscopy portal (wounds) are small and are usually closed with ster-strips and a stitch. Every day you should clean the wounds with alcohol and apply a band-aid to each site. Open: If you have a larger incision, you will need to keep it away from water until the stitches have been removed. Do not use a hot tub ,bath, or go swimming until the