



PLASTIC SURGERY AUSTIN
Sanjay K. Sharma, M.D., F.A.C.S.

What To Expect With Your De Quervain's Surgery

Thank you for choosing our practice for your De Quervain's surgery. We strive to make this experience as easy and comfortable for you as possible. Please consider the following points as you prepare for and recover from your surgery.

1. Please arrive at the office 15 minutes before your scheduled surgery time. This gives you time to review and sign the surgical consent, and gives us time to position you in the procedure room.
2. Your surgery will be performed under local anesthesia. Essentially, this means that Dr. Sharma will give you an injection of lidocaine in your palm. This part stings a little, but takes only a few seconds and will make the rest of the procedure painless. Because there is no sedation or general anesthesia, there is no need for you to fast before your surgery.
3. The procedure itself will take about 15 minutes. You will be wide awake, reclining in the procedure chair. You can choose to watch or look away. All you have to do is keep your hand still while Dr. Sharma performs the surgery.
4. Your dressing will consist of antibiotic yellow gauze, plain white gauze, and an elastic wrap. You can remove this the following day at the time of your shower. If the dressing is adherent to the incision, wetting it in the shower will help it come off. You may gently wash the incision in the shower or sink with warm soapy water. Avoid dirty water, such as bathwater, dishwater, or swimming pools. After your shower, you may dress the incision with a Band-Aid.
5. The numbing medicine usually takes about 6 hours to dissipate, but in some people can last 24 hours or more, so please don't be alarmed if your finger stays numb for quite a while.
6. Because infection is extremely rare, Dr. Sharma does not routinely prescribe an antibiotic following carpal tunnel surgery. However, if you notice any redness or purulent drainage from your incision, please call the office right away at 512-324-8320. If after business hours, you can page Dr. Sharma at MedLink (512-323-5465).
7. If you wish, Dr. Sharma will give you a prescription for Norco (acetaminophen with hydrocodone) or Percocet (acetaminophen with oxycodone). You may or may not choose to take this, as some patients feel that plain acetaminophen (Tylenol) and/or ibuprofen (Advil or Motrin) are sufficient. Please remember that Norco and Percocet contain acetaminophen, as do many over-the-counter medicines, such as cold medicine, so be careful not to take too much acetaminophen (more than 4000 mg per day). It is safe to take Norco or Percocet with ibuprofen concurrently. Also, please remember that it

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is dangerous and illegal to drive or operate heavy machinery while taking Norco or Percocet.

8. You may move your fingers freely after the surgery. In fact, this is encouraged to prevent stiffness. Please do not lift anything heavier than 5 pounds (about a half-gallon of milk). Writing, use of a keyboard, and other light activities are allowed.
9. Your first follow-up appointment will be in about 2 weeks. Dr. Sharma will remove the sutures at that time, and you will then be free of all restrictions.
10. Even though you may use your hands freely after 2 weeks, keep in mind that the incision area will be sore for the next 2-3 months, especially when pushing heavy objects. This happens because the muscles of the hand are attached to the ligament that is divided during surgery. This will dissipate in the next 2-3 months.

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