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Post-op Instructions for Cyst/Mass Excision

These instructions are to complement the information given by the nursing staff and Dr. Crow. They cover many of the common questions.

Wound Care

- Dressings are to be kept clean and dry. A small amount of clear drainage or bleeding is normal. If the ace wrap feels too tight, you may loosen it and re-wrap it.
- You may remove the ace bandage and dressing on the second day following surgery. The dressing may be removed all the way down to the stitches. Please leave the stitches intact. You may re-cover them with gauze pads and tape or a large Band-Aid.
- You may get the incision wet when showering 2 days after surgery. The shower should be brief and the wound patted dry with a clean towel. No baths or soaking the incision until your stitches have been removed and your incision is completely healed.
- If you have purulent drainage (thick white or greenish in color) coming from the wound, increasing redness, fever/temperature of 101 or higher, please report these symptoms to your surgeon or the doctor on call.

Pain and Swelling

- To lessen pain and swelling, you may ice your hand for the first 1-3 days after surgery. Put the ice in a zip lock bag or towel and place over the surgical site. We recommend 20 minutes, 2-3 times per day.
- Narcotic pain medication may be prescribed for use, if needed, in limited amounts. Try to wean down/off as soon as you are able. Use acetaminophen (Tylenol) and/or anti-inflammatories (Ibuprofen or Aleve) as main medications for pain control as/if appropriate. Add the narcotic medication for additional pain control if needed. It can help to stagger your pain medications. If a refill of medication is needed, please call the office during regular business hours, Monday-Friday 8:00 a.m. to 5:00 p.m. In general, refills will not be made after hours or on weekends as they need to be picked up. Please plan ahead.
- Also, narcotic medications can cause constipation so you may want/need to use an over-the-counter stool softeners/laxative as needed.
- Swelling to some degree is common after surgery. To reduce swelling, elevation is very helpful. Elevate the hand above the heart level for the first few days after surgery. Elevation for 30 minutes every 2-3 hours is a good initial recommendation. Excessive pain and swelling should be reported to your surgeon. When you sleep, try to keep the hand elevated on a pillow.

Activity

- You may gradually advance your activities as tolerated unless otherwise instructed by your surgeon.

Driving

- To drive you must no longer be taking narcotic pain pills. Also, you must feel strong and alert.

Follow-up

- Make sure an appointment has been scheduled for you at Chippewa Valley Orthopedics & Sports Medicine for approximately 2 weeks after surgery. Call if you have any questions or concerns prior to your scheduled follow up with your surgeon.