



Post-Operative Instructions

Gabriel Merlin, MD

Follow-Up Instructions

- Please call (978) 927-3040 to schedule a postoperative appointment with Dr Merlin. This should be 14 days after your surgery.
- Please call (978) 304-8700 to schedule an appointment to be seen by Therapy (OT) in 3-5 days for your first dressing and/or splint change.

Dressing Instructions

- DO NOT remove your dressing until seen by Therapy or Physician. Dressing change will be performed in office.
- Remove your dressing in 2 days. Do not submerge the wound in water. Apply a new clean, dry bandage daily.

Antibiotics

- Antibiotics (Cephalexin or Clindamycin) will be sent electronically to your pharmacy.
- NO Antibiotics will be prescribed post operatively.

Elevation and Ice

Keep arm above your heart to reduce pain and swelling. Apply ice, 20 minutes on, 20 minutes off.

Pain Control

- If your pain medication is written for up to “every 4 hours” for example, make sure that you are taking it as prescribed for maximum effectiveness if you are in pain.
- Always take pain medication with meal or a small snack, never on an empty stomach!
- If medication is NOT WORKING – you may take TRAMADOL if this was prescribed or you may take IBUPROFEN up to 800mg every 8 hours to supplement if you are safely able to take this medication.

Nausea

You may be given a prescription for ZOFTRAN (Ondansetron). Only “fill” the prescription at the pharmacy if you are having nausea/vomiting.

Post-Operative Medications

The specific medications that were sent are based on the type of surgery that you have had and your anticipated post-operative need.

Please pick up these medications at your pharmacy before or after surgery:

1. Norco or Percocet – this is a pain medication; the prescription will be sent to your pharmacy electronically or be given to you in paper form.
2. Antibiotics – if implants were used in your surgery and/or if you are diabetic, antibiotics will be sent electronically to your pharmacy or be given to you in paper form.

***If you have any questions or concerns, please call
Dr. Merlin’s office at (978) 927-3040.***