**Tendon repair postoperative instructions**

**Diet**: please avoid salty foods since it can make swelling worse

**Showering**: please keep your splint on until you are seen by Dr. Chattar-Cora in his clinic or you see the occupational therapist (Dr. Chattar-Cora **May** fax your prescription for therapy to a therapist before your appointment. If you are called by the therapist please follow up with them)

**Activity**: Do not move the fingers that have been repaired.

**Medications**: If your hand swells up, throbs, or you have pain, please elevate it above your elbow.

For pain please, if you are not allergic to it, start with Tylenol 650 mg as needed every four hours. If you need anything stronger please use the prescription Dr. Chattar Cora has given you. If you do take the prescribed medication please do not drive or operate any machinery that may harm anyone. Take the prescribed antibiotics as directed.

Resume any medications that you were taking before the operation as previously taken, continue your normal diet.

**Follow-up**: with Dr. Chattar Cora within one to two weeks. Please call during normal business hours Monday-Friday 210-265-1924 for an appointment that is convenient for you.