



# HAND SURGERY POST-OPERATIVE INSTRUCTIONS



## HOW TO CONTACT US

### Blake Hospital Clinic

M-F 8 am- 4:30 pm

941-567-2876

### After Hours Answering Service

941-567-2876

## WHAT TO EXPECT AT HOME

- It is normal to have pain in your hand for several days to weeks after surgery. You may have a splint on and it is normal to feel discomfort from this.
- You may need help with your everyday activities for a few days until your pain and swelling decrease

## ACTIVITY

- Try taking short walks as soon as possible to promote blood flow and healing.
- Please always keep the splint and dressing on and dry at all times.
- To the best of your ability, please keep your arm elevated above the level Of your heart while sleeping and whenever possible during the day.
- While you are healing, LIMIT your physical activities.
- DO NOT do any heavy lifting or strenuous exercise for 6 weeks.
- DO NOT drive if you are taking narcotic pain medicines.

## SURGICAL SITE CARE

Please leave your dressing on and dry at all times, no exceptions.

- If you have an Ace Bandage and it feels too tight, you may loosen it and rewrap.
- Please DO NOT remove your dressing or splint, if you have one, for any reason unless specifically directed by your surgeon.

## WHEN TO CALL THE DOCTOR

- Increasing pain, redness, swelling, yellow or green drainage, bleeding, or significant bruising at the incision site(s).
- Side effects from medicines, such as rash, nausea, vomiting, or headache.

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- A fever of 100°F (38°C) or higher.

## **OTHER SELF-CARE**

- Make sure you eat healthy foods, including lots of fruits and vegetables. Drink plenty of fluids. A healthy diet and plenty of fluids promote bowel movements and prevent infection.
- Your pain should go away over several weeks. Take any pain medicines as directed. Take them with food and plenty of water.
- DO NOT apply ice or heat to your arms.
- DO NOT drink alcohol while you are taking pain medicines.
- DO NOT take aspirin or ibuprofen until 48-hours after surgery. After the first 48-hours, these medications are preferred to narcotic medications. Ask your surgeon which vitamins, supplements, and other medicines are safe to take.
- DO NOT smoke. Smoking slows healing and increases your risk of complications and infection.

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## **FOLLOW-UP**

- You will be seen within one week after your surgery to check the area.
- If you were not given a follow-up appointment at the time of your operation, please call the clinic to arrange follow-up within one week from the time of your surgery