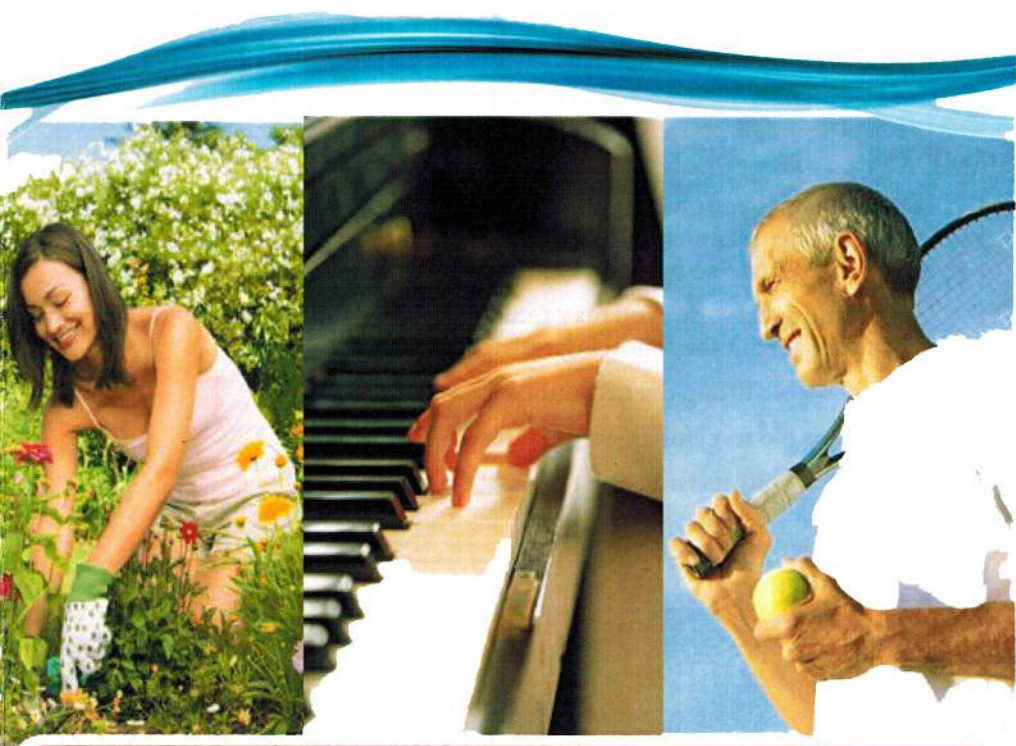


HAND SURGERY

...after the procedure



A Guide to Your **Discharge** and
Recovery Process

Medications

- ◆ A prescription for pain medications will be given to you upon dismissal. Please use the medications for pain as needed, and as prescribed.
- ◆ You may also take over-the-counter Ibuprofen for pain in addition to your prescription **UNLESS** you are allergic, have stomach ulcers or kidney failure.

Swelling

- ◆ Keep your hand/arm elevated above the level of your heart as much as possible for the first few days following surgery.
- ◆ Apply cold packs to the incision frequently for 20-30 minutes each time.



Activities

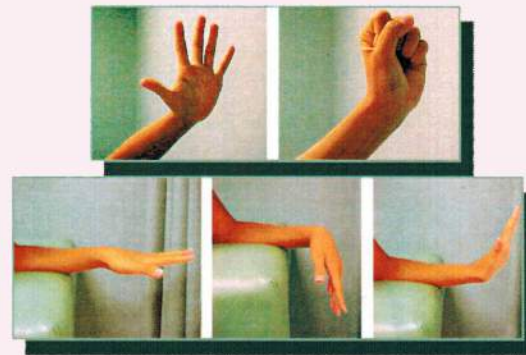
- ◆ Light use of your hand and wrist is permitted. Avoid forceful gripping, pushing, pulling and lifting over 5 pounds until you are cleared to do so by your doctor.
- ◆ Returning to work: You may return to work within a few days after your surgery with the following restrictions for your hand:
 - ⇒ No lifting over 5 pounds
 - ⇒ No forceful gripping or repetitious usage
 - ⇒ Your incision must be kept clean and dry

Incision Care

- ◆ In most instances, you may remove your dressing, to clean the incision, 48 hours after surgery.
- ◆ Occasionally, depending on your surgery, your doctor may ask that you leave your dressing on until your follow-up visit. You will be notified after your procedure if your doctor wants you to leave your dressing on.
- ◆ Clean the incision daily with rubbing alcohol until it is healed. Cover the incision with a clean gauze dressing or band-aid to protect it.
 - Do not use any creams or ointments on your incision.**
- ◆ Once you are allowed to remove your dressing, you may rinse off your incision in the shower—using clean soap and water.
- ◆ Do not soak your incision in a bathtub or whirlpool.
- ◆ Do not remove the steri-strips or sutures. Your doctor may remove them at your follow-up visit.
- ◆ Despite the greatest care, any incision can become infected. Contact your physician immediately if:
 - ⇒ You run a fever
 - ⇒ Your incision becomes more painful rather than less painful as days go by
 - ⇒ Your incision becomes swollen, reddened, shows pus or red streaks

Exercise

- ◆ Move your fingers frequently through the day. This will prevent stiffness and help reduce swelling.
- ◆ Move your wrist gently at least four times daily as well.



An appointment will be made for you prior to you leaving the hospital or you will be given instructions on how/when to schedule your follow-up appointment.



Thank you for choosing us!

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