

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

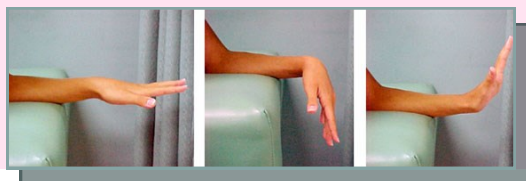
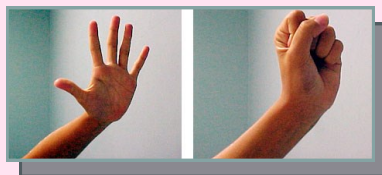
An appointment will be made for you prior to you leaving the hospital. Please call us at 714.261.1100 to discuss how/when to schedule your follow-up appointment.

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.



aving the hospital or you will be given instructions on
ur follow-up appointment.



Thank you for choosing us!

 **Labette
Health**
We Center Around You.