

POST OP INSTRUCTIONS—HAND SURGERY

1. Keep surgical dressing on hand for the first three days. There after you may remove the dressing and simply cover your incision with a band-aid. DO NOT submerge surgical hand in “dirty” water for 2weeks post-op. After three days you may take a shower without a dressing; be sure to pat dry your hand well.
2. Rest and keep your hand elevated (above the level of your heart) most of the time for the next few days. As your discomfort and swelling subside (usually 1-3days) after surgery, you may gradually use it more for light activities such as feeding and dressing yourself. If you increase use of the hand too rapidly, you may experience increased pain and swelling, in which case you should again increase the amount of rest and elevation.
3. DO NOT use the hand for forceful activities!! Ex. Heavy lifting or repetitive tasking.
4. Occasionally gently bend and straighten fingers which are not held immobile by splints or the bandage. This not only helps prevent stiffness in these fingers, but also helps to decrease swelling throughout the hand.
5. You will be prescribed a narcotic following your surgery. It is best to take this medication with food. It is expected to reduce but not completely take away discomfort; it is not a substitute for proper rest and elevation. While taking this medication you should not drink alcohol, drive, or other activities which could be risky if your judgment/reaction time is impaired.
6. A follow-up visit should be scheduled to see Dr. Padavano ten days post-op.
7. At any time if you have questions or concerns in regards to your surgery, PLEASE call the office at 773-7428.