

HAND SURGERY INSTRUCTIONS

ACTIVITY:

Post-operatively, your arm should be elevated above heart level for the first 24 hours. This will decrease swelling and promote healing. Immediate exercise is also imperative to hasten your recovery. Full flexion and extension of your fingers will push fluids from the operative area, increasing movement by decreasing swelling. This exercise is done by making a clenched fist then extending your fingers straight. This exercise must be done 50 times an hour.

BATHING:

Covering your hand in a plastic bag before bathing will keep the dressing dry. If the bandage does accidentally become wet, contact the office for application of a new dressing.

DRESSING:

The dressing on your hand, applied at the time of your surgery is to remain intact until your first post-operative office visit. At that time your bandage will be removed and your incision site examined. Do not remove your own bandage.

FOLLOW UP OFFICE VISIT:

Your first post-op office visit, after your surgery, should have been scheduled by you when you schedule the procedure. If not, call the office to schedule the appointment, and to ask any questions you might have. All patients are seen between 8 to 10 days post-operatively.

PRECAUTION:

If you develop a fever of 101 or above, experience any abnormal swelling or pain unrelieved with prescribed medication, please contact our office immediately.

Telephone (212) 513-7711