

Post-Op Instructions for Hand/Wrist Surgery

DRESSING:

There is a dressing on your incision. This dressing is to be left on until your first office visit. Although it may become moist from blood or drainage; this is not a cause for alarm. However, if the drainage from the incision soaks through the dressing, please call the office. If there is an ACE wrap on your hand, you may adjust it as needed.

WOUNDS:

The wound is closed with stitches. Also, there may be tape strips across your incision to promote healing. These strips and dressing are changed as needed at your post-op visit. Apply ice as needed.

ACTIVITY:

Elevate your hand above your heart at ALL times. This will reduce pain and swelling. If you use a sling, make sure your hand DOES NOT slip down below heart level.

EXERCISE:

Remember to move your shoulder and elbow 3-4 times a day to keep them loose. Raise your arm above your head to stretch your shoulder and move your elbow back and forth as much as your dressing will allow. You are encouraged to move your fingers as much as your dressing will allow.

BATHING:

Keep your wound clean and dry. Do not allow your incision to get wet.

Follow-up appointment will be 7 – 21 days after surgery, depending on the surgery performed.

If you had a regional anesthesia (BLOCK), especially of the arm, the numbness may remain for some time. Special care should be taken to prevent burning or cutting yourself until sensation has returned.