

HAND SURGERY

PAIN CONTROL & ANTIBIOTICS

Keep your hand elevated above your heart for the next two days. This will help reduce swelling and pain. If the dressing feels too tight, hold your hand above your head for 15 minutes. If it still feels too tight, unwrap the bandage and hold above your head for a further 15 minutes. If even then it feels too tight, call the office or go to the nearest emergency department.

The freezing will wear off in approximately 2-6 hours. Take pain killers as necessary. Extra strength Tylenol or ibuprofen (Advil) covers most people's pain. Use the prescription painkillers as directed if necessary.

DRESSING CARE

Keep your dressing clean and dry. DO NOT REMOVE IT. DO NOT GET IT WET. You may take it off in two days.

To shower, place a bag over your dressing and secure it so no water enters the bag. A large rubber glove also works well. Keep your hand elevated while in the shower.

In two days' time, you may get the incision wet and soapy. Wash the area normally but do not soak your hand. Rinse the incision well. Apply Polysporin and a band-aid if there is any scabbing.

If you notice an increase in swelling, redness, discharge, or pain greater than what you would expect, please contact my office or your family doctor, or go to the nearest to emergency department.

FOLLOW-UP & RECOVERY

Call the office at 604-589-6021 today or tomorrow to make an appointment for 10-14 days from now.

Your stitches will be removed at your next visit if not dissolvable. You can do light activity as soon as comfortable after surgery, but avoid heavy lifting or pushing until I see you. Practicing making a fist and fully opening your hand will reduce post-operative stiffness and speed up your recovery.



Dr Adrian T Lee Inc Drs Mian Inc Dr Amara Murabit Inc Dr Paul J Oxley Inc Dr Jennifer M Prince Inc

Suite 301 – 13737 96th Avenue
Surrey, British Columbia V3V 0C6
tel 604.589.6021 fax 604.589.6841

plasticsurgerygroup.ca

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