

HAND SURGERY

PREPARING FOR SURGERY

- The surgery center will call you the afternoon the day before your surgery for your final arrival time. The anesthesiologist will also call you sometime the day before if you are undergoing any anesthesia.
- Expect to be at the surgery center for several hours.
- At the surgery center, you will change into a gown. Please wear loose fitting clothing that is easy to change in and out of. Please leave valuables and jewelry at home.
- Notify your surgical team of any illness or changes in your health prior to surgery.

MEDICATION

Please address any questions or concerns regarding post-op pain before surgery.

We recommend a multi-modal approach to management of post-op pain:

Medication	Purpose	How Often
Acetaminophen	Pain relief	500-1000mg 3 times/day – Do NOT exceed 3000mg in a 24 hr period
Ibuprofen (Advil/Motrin) OR Naproxen (Aleve)	Pain relief / anti- inflammatory	If you prefer Ibuprofen (Advil, Motrin), you can take 400-600mg every 6 hours as needed (Do not exceed 3200mg per day) OR If you prefer naproxen (Aleve), you can 220-440mg twice daily. (Do not exceed 1000mg per day)

Tip: Take medications with food to avoid stomach upset.

- If you were prescribed pain medication, **the prescription will be sent to your preferred pharmacy on file ahead of surgery. Please pick up before your date of surgery.** Follow instructions on the medication bottle.

GENERAL AFTERCARE

- Mild to moderate swelling and discomfort is normal
- Your hand and fingers will feel numb/tingly after the procedure due to a long-acting anesthetic
 - This can last up to 36 hours
- If your hand is down by your side and begins to feel heavy or start to throb, elevate above heart-level as seen in the graphic to the right
- It is okay to ice your hand. Apply ice for 15 minutes and then allow your hand to warm up fully
 - Avoid placing ice directly on the skin
- The surgery center and our office will call you after surgery. Please confirm your preferred phone number is on file.



WOUND CARE

Keep the surgical bandage clean and dry. Do not get wet.

Remove your postoperative bandages:

Trigger Finger Release	3 days after surgery
Carpal Tunnel Release	
Cubital Tunnel Release at the elbow	5 days after surgery
Ganglion Cyst Excision	
Dupuytren's Release	
De Quervian's Release	LEAVE ON UNTIL POST OP APPOINTMENT
Fracture/ORIF	
CMC Arthroplasty	
Wrist Arthroscopy	
Proximal Row Carpectomy (PRC)	

If your procedure is not listed, or you are unsure of when bandages can be removed, please ask before removing.

- After bandages are removed, keep the incision clean and dry. Okay to lightly clean the incision with water and gentle soap, and let water run over the incision. Pat the area dry and cover with band-aid.
 - After this initial bandage change, band-aid should be changed daily or as needed
- If there are white adhesive Steri-Strips over the incision, please leave them in place.

- No need to vigorously rub or scrub the incision
- No need to use antibiotic ointment, Vaseline, Aquaphor, hydrogen peroxide, Bacitracin or iodine on the incision
- DO NOT submerge or soak the area/incision (i.e. bath, ocean, swimming pool, jacuzzi)
- DO NOT engage in activities that are sweaty or dirty as this increases your risk for infection

EXERCISES

- For most procedures it is safe to gently move your fingers while your hand is in the postoperative bandage.
- Unless instructed otherwise, after bandage removal:
 - Gentle range of motion to the fingers - opening/closing fist and gentle range of motion of the wrist and elbow.
- AVOID any contact, impact or heavy lifting

POST-OP APPOINTMENT

- Follow up in the office 8-12 days after surgery. Please contact our office if you do not have a post-op appointment set up.

SEEK MEDICAL ATTENTION

- If you notice bright red bleeding, swelling, coldness, bluish coloring, numbness, persistent pain or sudden intense pain in or around the operative area, or if you have any questions.
- If swelling, redness, heat, and/or drainage occur at the incision site.
- Low grade fever is normal up to 48 hours after surgery. Call for any temperature over 101°.
- Tell your doctor if you cannot urinate 8 to 12 hours after surgery.
- **Do Not Drive For 24 Hours Following Surgery.**
- You may feel sleepy and somewhat sluggish for several hours.
- Rest today and slowly resume activities tomorrow.
- **Do NOT** stay by yourself the day of the surgery. If this is not possible, have someone call or visit you frequently.
- **Do NOT** make any important decisions or participate in activities which require judgment or quick reaction time.
- **Do NOT** drink alcoholic beverages for 24 hours after surgery and/or when taking pain medications
- ***Do Not Drive Or Operate Machinery while Taking Pain Medicine***