



## POST OP INSTRUCTIONS – GENERAL HAND SURGERY

- Keep hand and arm elevated most of the time.  Use ice pack over the affected area.
- The numbness from the surgical anesthetic usually lasts about 6 hours, although it could be longer.
- Wear splint:  While sleeping  when up & about  at all times.  No splint
- Bandage:  Do not remove bandage  You may remove bandage on post op day .
- PT/OT:  Not ordered  Will be ordered at post op appointment  Has been ordered as follows:

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- Motion:  Move fingers freely  No lifting over 2 lbs  Don't lift anything with affected hand.
- If you had surgery on your dominant hand, writing will be very difficult, don't push it.
- Do not use over the counter salves, Neosporin, Bacitracin, or other ointments on the wound. Hands and fingers sweat and the wound will get macerated and open up.
- Band aids are ok, but make sure to let the incision "breathe" as it will heal much faster with air.
- Any redness, increased heat, and of course anything that looks like an infection requires that you call us to be evaluated.
- You may have been given a prescription for pain medication. This should be taken as directed by your physician.
- If you do not have a follow up appointment, please call 916-8480 for an appointment.

# 850.916.8480