



STEVEN C. KRONLAGE, MD
Hand & Upper Extremity Surgery
— Florida Bone & Joint Specialists —



POST OP INSTRUCTIONS – HAND SURGERY

- Keep hand and arm elevated most of the time.
- The numbness from the surgical anesthetic usually lasts about 6 hours, although it could be longer.
- On post op day ___ it is OK to remove the bandages entirely. You can wash with soapy water, but do not soak (no dishes, hot tubs) or immerse in the water.
- I want you to move your fingers freely, just don't lift anything more than a pound or two.
- 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 required you to 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.

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