

NICHOLAS J. AVALLONE, M.D.

www.dravallone.com

INSTRUCTIONS FOLLOWING YOUR HAND/WRIST SURGERY

First follow-up visit after surgery

- Call the office the day after your surgery & make an appointment for 10-14 days after surgery to see Dr. Avallone. At that appointment, your sutures will be removed.

Dressing & Wound Care

- If you are in a **splint**, keep the original dressing on and dry until you are seen by Dr. Avallone. You may take a bath by covering your arm in a garbage bag or other waterproof bag, tie it securely with rubber bands and duct tape. Keep your dressing as clean as possible
- If you are only in a **soft dressing**, you may take the dressing off at 3 days after your operation; at which point you may shower and get the incision wet. Do not soak the wound in dish, bath or pool water until after the stitches have been removed

Swelling and Discoloration

- You will notice some swelling of your hand – this is normal. **Elevate your hand above the level of your heart** as much as possible for the first week. When you sleep, place your hand on several pillows.
- You may notice a bluish discoloration of your fingers. This is also normal. This discoloration may change from blue to purple to green to yellow, then will slowly go away over a few weeks time.

Discomfort

- You will experience some pain and discomfort after surgery. By the third day, this pain usually decreases significantly.
- You will be given a prescription for pain medication. Take the medication as prescribed. If the discomfort is mild, you can take 1 or 2 Tylenol every 4 – 6 hours as needed, **instead** of the prescribed pain medication.

Temperature

- A temperature of up to **101.5°F** is common for the first 2 days after surgery. If your temperature is elevated above 101.5° F, call the office.

Exercise

- Unless instructed otherwise, you may gently open and close your fingers.
- Do not perform any exercises that cause you to sweat. Sweating may increase complications with your incision.

We hope this answers many of your questions regarding your surgery. These are only guidelines however. If you have any other concerns or questions at any time, do not hesitate to call the office.