

Hand or Wrist Surgery Post Operative Instructions Nick Avallone, M.D.

Elevate:

You will notice some swelling of your hand following surgery – this is normal. To minimize swelling and discomfort, elevate your hand above the level of your heart as much as possible for the first week. When you sleep, keep your hand on several pillows.

Exercises:

Unless otherwise instructed, you may gently open and close your fingers. Avoid strenuous activity until after your first post-op visit.

Dressing:

- If you are in a splint, keep the original dressing on and dry until after your post-op visit. 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 in a soft dressing, you may take the dressing off 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.

Follow-up visit:

You need to see the doctor 10-14 days following surgery for your first post-op visit. At that time your sutures (stitches) will be removed.

Common concerns:

Bruising, pain, discomfort, and swelling of the hand or wrist are common after surgery. To relieve this discomfort, elevate the hand or wrist as described above. For pain relief, most patients take 2 Tylenol Arthritis and 2 Advil every 8 hours, as needed.

Please call if you experience:

Oozing or redness of the wound, fevers (>101.5° F), or chills.
Uncontrolled or excessive bleeding.
Difficulty breathing or heaviness in your chest.

REMEMBER - these are only guidelines for what to expect following hand or wrist surgery. If you have any questions or concerns please do not hesitate to call the office.