

## **Postoperative Instructions – Hand Surgery**

**Diet:** Begin with a light diet and advance to a regular diet as tolerated.

**Pain Medication:** Take pain medication only as needed. Follow the dosage and instructions provided on the prescription label.

**Elevation:** Keep your hand elevated on 2–3 pillows for the first 24 hours after surgery.

Your hand should be higher than your elbow.

Your elbow should be higher than your shoulder.

Proper elevation helps reduce swelling and discomfort.

**Ice Application:** Apply ice to the palm of your hand for the first 48 hours to reduce swelling and pain. Use a one-gallon zip-top bag filled with ice. Apply as directed, ensuring the dressing remains dry.

### **Activity Guidelines**

- a. Gently bend your fingers and attempt to make a light fist several times daily.
- b. Do not use your hand to grasp, grip, or lift objects until your sutures have been removed.
- c. Do not allow the wound to get wet from shower or bath water until sutures are removed.

### **Bandages**

Leave the original surgical dressing in place and intact until your follow-up appointment, approximately 10 days after surgery, when your sutures will be removed.

### **When to Call the Office**

Contact our office immediately if you experience:

Chills or fever

Drainage from the surgical site

Calf pain or chest pain

Persistent numbness or tingling lasting more than 2–3 days

Any other concerns regarding your surgery

If it is after business hours and you believe your condition is life-threatening, please proceed to the nearest hospital emergency room.