



## Post Op Hand/Wrist/Finger Surgery

1. Begin with a light diet and advance to a regular diet as tolerated.
2. Take pain medications only as needed. Follow the instructions on the bottle.
3. Elevate your hand on 2-3 pillows. Try and keep your hand higher than your elbow, and your elbow higher than your shoulder. Do this for the first 24 hours.
4. Icing should be kept on the site of surgery in 20 minute increments for the first 48 hours to reduce swelling and pain. Although you may not feel the ice penetrate the bandage, keeping the area cooler than normal will help with swelling and pain.
5. Activity: **It is important to follow your specific discharge instructions.**
  - a. Bend your fingers gently and try and make a fist *as directed*.
  - b. Do not use your hand to grasp things until sutures have been removed
  - c. Do not get the wound wet with shower or bath water until the sutures are removed.
6. Leave the original surgical bandages intact until your appointment at our office approximately 10 days after surgery when sutures are removed. Specific details about your surgery will be discussed at your post-operative visit with the provider.
7. If you have sleep apnea, make sure to use your CPAP especially while taking opioids.
8. Call our office if you have any chills, fever, drainage, shortness of breath, calf or chest pain, you develop numbness or tingling after 2-3 days when your block wears off, or if you have any concerns regarding your shoulder or surgery. **If it is after hours and you feel it is life threatening, please go to the hospital emergency room.**

PLEASE NOTE, THESE ARE GENERIC INSTRUCTIONS AND RECOMMENDATIONS. **FOLLOW YOUR SPECIFIC CARE INSTRUCTIONS.**