

## General Information for Hand Surgery Patients

Please read the following information carefully. You have just undergone surgery and there is a dressing and/or splint placed on your surgical site to reduce motion and improve your comfort post-operatively.

### **Information for after your surgery...**

1. You will be given a prescription for medication to make you more comfortable after your surgery. Take the medication as it is prescribed. During the first 2-3 days, do not wait to feel any discomfort, and plan to take the medication regularly. At night, take the medication before you go to sleep, and consider setting an alarm to take your scheduled dose during the night. This will help with your pain control in the morning. You should refrain from driving while taking these medications.
2. The anaesthetic and post-operative medications can occasionally have some common side-effects, such as, nausea and constipation. Over-the-counter medications can minimize these side effects and are available at your local pharmacy. An option for nausea is Gravol, and for constipation, Colase. A pharmacist can help you with these if you have questions.
3. Keep your hand elevated as much as possible following your surgery. Your hand should be at a level above your heart. When you sleep at night, you can place it on several pillows. This helps decrease the swelling and improve your level of comfort following surgery.
4. If the dressing feels too tight, you can loosen the outer tensor bandage and re-wrap it lightly.
5. You may apply ice on your hand for 15 minutes every few hours during the first few days following surgery. Be sure to not get the splint or dressing wet in doing so.
6. Your first dressing change will be at your follow-up visit. Keep the dressing clean and dry until this time. When showering, place a plastic bag over the dressing/splint and secure it with an elastic band at the base. Hold your arm out of the shower, to avoid get it wet.

7. You will be unable to perform any heavy lifting or strenuous exercise for a period of time following your surgery. The duration of this will be reviewed during your first follow-up visit.
  8. Please call our office today or tomorrow to make a follow-up appointment for
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9. After you leave the hospital, there are a few things to watch for during your healing process. If you see any of the following, please call our office, or St. Paul's hospital at 604-682-2344 and ask to speak to the plastic surgeon on call:
    - Leg swelling
    - Shortness of breath
    - Fever and chills
    - Redness around your incisions
    - Increase pain in your hand

***If you have any questions during your post-operative course, please do not hesitate to contact Dr. Seal, or our office.***