

INSTRUCTIONS AFTER HAND SURGERY



HAND SURGERY

P L L C

Omni Hand Surgery, PLLC
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Following surgery, your hand may be immobilized in a splint or cast. It is important that you follow these simple instructions:

1. Keep your hand elevated above the level of your heart (which is at the level of your nipple). While sitting in a chair or lying in bed, place your arm on pillows to keep it elevated. While walking around, keep your hand elevated on your opposite shoulder. You may stop elevation when your hand no longer throbs when lowered (usually 3-5 days).
2. Place a large plastic bag over your splint or dressings when you shower/bathe to prevent it from getting wet. Place 2 rubber bands above the splint to keep the bag in place and to avoid leaking.
3. After surgery, you may be instructed to perform certain exercises. Complete these exercises for 5-10 minutes, 4 times a day.
4. Use the exposed fingers for light activities, such as eating and dressing.
5. You may have been prescribed antibiotics: _____
6. It is normal to feel some pain after hand surgery. However, you may have been prescribed pain medication that should be taken with some food: _____

You may have had a long acting numbing injection for post-operative pain relief. It is normal to experience profound numbness for 4-12 hrs after surgery and some numbness up to 24 hrs after surgery.

SMOKING interferes with healing and makes painful problems more painful. Problems after surgery are more likely if you smoke, especially if you keep smoking after surgery. **DONT SMOKE!**

PLEASE WATCH FOR ANY OF THE FOLLOWING PROBLEMS:

- **PAIN** that increases in intensity despite your pain medication and hand elevation.
- **SWELLING** that is significant and not relieved by elevating your hand.
- **NUMBNESS** or **TINGLING** in the fingers that was not present before surgery and persist after the numbing medicine has worn off.
- Fingertips that turn **BLUE** or **WHITE** instead of the normal pink color.
- **REDNESS** and warmth in the finger/hand or redness spreading up the arm.
- If the cast or splint **BREAKS** or **COMES OFF**, especially in children.

If you should notice any of these problems, please contact Dr. Hua's office at 972-947-9395 during office hours (M-F, 8:30 a.m. – 4:30 p.m.). At night or during the weekend, please call the same number and the answering service will get a hold of the on call doctor. For emergency please call 911 or go to your nearest emergency room.

Please call Dr. Hua's office at 972-947-9395 to make a follow-up appointment on:

Received by: _____ Witness Signature: _____ Date: _____