

# **Hand Surgery Discharge Instructions**

## **After Your Surgery:**

- Elevate your hand/arm for several days to reduce swelling.
- You may move fingers and wrist if not splinted
- You may use ice to reduce pain and swelling
- If you received a nerve block for pain control, please wear arm sling until sensation of extremity returns.

## **Activity:**

Do not drive the day of surgery. The effects of the anesthesia are still present and drowsiness may occur.

## **Diet:**

- You may start with liquids and advance to regular diet as tolerated
- Try to eat before taking pain medications

## **Wound Care:**

Dressings are applied loosely. If significant swelling occurs and/or dressing becomes too tight or uncomfortable, you may loosen the dressing. Un-wrap layers of dressing until tight feeling is relieved. You may re-wrap dressing loosely.

## **Medication:**

A prescription for oral pain medication will be given. You may take the medication as prescribed. If pain is not severe, you may take over-the-counter pain medications instead but not at the same time as the prescribed medication.

- Do not take pain medication on an empty stomach
- Do not drink alcohol while taking narcotic pain medication

**Dressing:**

Leave dressing on until your follow-up unless otherwise instructed by your doctor.

**Follow-Up:**

- If you do not already have a follow-up appointment, call the office to schedule.

If sequential compression devices provided, please wear as directed until your follow up appointment with your surgeon.

If you have questions, please call the office. If problems occur after hours and you feel you need to speak to a physician, you may call the office and the doctor on call will be contacted

(586)773-1300 -St. Clair Shores Location or (586)416-1300 - Macomb Township Location