

Hand Surgery Discharge Instructions

After Your Surgery:

- Elevate your hand/arm for several days
- You may move fingers and wrist if not splinted
- You may use ice to reduce pain and swelling

Activity:

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

If provided with sequential compression devices, wear them as directed until your follow up appointment with your surgeon. Please wear sequential compression devices when sedentary for greater than one hour.

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

Follow-Up:

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

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 or (586)416-1300