



MIDJERSEY
ORTHOPAEDICS
LIVE LIFE BETTER.

Information After Hand Surgery

DIET

You may resume your normal diet.

ACTIVITY

1. You can perform light activities which you can do easily without the surgical hand.
2. Driving - It is best to have someone drive if you feel clumsy due to the bandages or if you're drowsy from pain medications.
3. Exercise - It is important to move your fingers and thumb as much as tolerable during the day, beginning right after surgery. If your thumb is contained in the splint, you may still move your other 4 fingers.

PAIN & SWELLING

1. Mild pain and slight swelling may be expected after surgery. Pain medication will be ordered for your comfort. Take it only as you need it, and as prescribed. (Be sure to let us know of any allergies you have which you may have forgotten to mention beforehand.)
2. You should elevate your operative hand above the level of your heart as much as possible for the first 24-36 hours after surgery.
 - a. If you ever feel throbbing in the hand, elevation should help to relieve this.
 - b. In bed, elevate the hand on two pillows. Slings may be removed when in bed.
 - c. When out of bed, the sling can be used to support the arm if desired.

WOUND CARE

1. Do not remove the dressing or splint before your first post-operative appointment, unless your surgeon has told you otherwise.
2. Keep the dressing or splint dry until your appointment.

CALL YOUR SURGEON IF YOU HAVE ANY OF THE FOLLOWING:

1. Temperature of 101.5° F or over
2. Foul smelling drainage
3. Chills
4. Pain not relieved by pain medication.
5. Cold, discolored fingers or loss of normal feeling.

POST-OPERATIVE APPOINTMENT

1. This appointment is usually made during the pre-operative visit. Normally you should see your surgeon about one week after surgery, unless otherwise specified.
2. One of the nurses in our office usually calls the day after discharge from the hospital to check on you.
3. If you used a splint before surgery, then please bring it with you when you come for your first visit.