

POST OPERATIVE CARE INSTRUCTIONS FOR HAND SURGERY

HAND SURGERY RECOVERY

- Swelling and pain can be reduced by keeping the surgical site elevated (above the level of your heart) for 48-72 hours post surgery.
- You can use ice wrapped in a towel to reduce swelling.

EXERCISE

- Move all of your fingers and thumb in and out of a fist position.
- Move wrist up and down.
- Move your wrist in a circular motion.
- Perform these exercises immediately after surgery unless directed otherwise.
- Do not lift more than 5-10 lbs for 1 week.

24 HOURS AFTER SURGERY

- Remove dressing unless otherwise instructed.

WASHING

- Wash area with soap and water. You can shower. Do not soak surgical sites. No baths, pools, hot tubs, lake water or dish water for 2 weeks.
- Dry surgical site by gently patting dry with a clean towel or allow to air dry.
- Apply Polysporin or Neosporin ointment and cover area with a bandaid or other clean dressing.
- Allow wound to be uncovered and without ointment for 2-4 hours daily.

POST OPERATIVE PAIN MEDICATION

- Anti-Pain medication can be taken after surgery.
- Resume prescribed medications unless otherwise stated by Dr. Lyons.
- Take your antibiotics as prescribed at the appropriate times until completed.
- Apply Polysporin to your incision lines 1x a day once steri-strips are removed.

AFTER STITCH REMOVAL

- Begin to massage your scar 1 week after your stitches are removed with Vaseline lotion or BioOil. Do not use vitamin E.
- If your surgical site is exposed to the sun, apply sunscreen SPF 45 or higher for at least 1 year to prevent scar from tanning.

FOLLOW UP APPOINTMENTS

You will have full access to Dr. Lyons and her medical team during your recovery. If there is a concern about your surgery or recovery, please call the clinic at 306.566.4664.