

## **Hand Surgery Post Operative Instructions**

### **Pain Control**

- Keep your hand elevated for the first week
- You can take the prescribed medication for pain
- Once you run out of the prescribed medication, or if you prefer an alternative, you may take Tylenol 500-1000mg **and** Ibuprofen 400mg every 6 hours for the pain.

### **The Dressing**

- Keep your dressing/splint dry and clean - it is not waterproof
- Do not remove the splint
- Leave everything in place without altering or modifying the splint/dressing in any way

### **Things to Expect After Surgery**

- Swelling in the hand, wrist and fingers - the swelling can last for up to 6 months.
- Tenderness around the incision for the first 4-6 weeks.
- Lumpiness and redness in the scar for the first 6-12 months
- Stiffness in the fingers/hand/wrist after the splint is removed by your surgeon

### **Follow Up**

- You will see Dr. Klok for your first post-operative visit usually 2-3 weeks post surgery in the hand clinic. Usually the splint is changed at that time. Sometimes follow up xrays will be done at that first visit. You will meet the hand therapists who will make a new splint for you and you will be directed on when you can start range of motion activities with the hand.

### **Activities**

- Do not weight bear (lift anything) with the affected hand until you are given the go ahead by your surgeon and hand therapist. This is generally around 4-8 weeks after surgery.
- Generally for fractures and tendon repairs you will be in a splint for 6-8 weeks. You likely will not be able to return to full activities with the hand until about 8 weeks post surgery, and you may need to continue hand therapy for months after the injury to progress your range of motion.

### **Reasons to call the office at 604-281-3866 (during office hours) or go to the emergency department (after hours)**

- You may have some mild redness right around the incisions or the pins, which is a normal part of the healing process. However, if the redness starts spreading and the pain and swelling increases significantly, you might have an infection. Seek medical attention.