

POSTOPERATIVE INFORMATION

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PATIENT STICKER

POST-OPERATIVE INSTRUCTIONS – Hand Surgery

WOUND CARE

- You may remove the Operative Dressing on Post-Op Day #5. IF THERE ARE WHITE TAPES DIRECTLY ON THE SKIN, THESE ARE STERI-STRIPS—THESE SHOULD REMAIN ON.
- Please redress and cover the incision with clean gauze and an ace wrap.
- Please do not use Bacitracin or other ointments on the incision. An ACE wrap may be used to help control swelling. Do not wrap the ACE too tight.
- Use Ice as often as possible for the first 3-5 days, then as needed for pain relief. Do not wrap the Ace wrap too thick or the cold may not penetrate.
- You may shower on Post-Op Day #3. Cover the incisions with plastic while you shower. Gently pat the area dry if it gets wet. Do not soak the hand in water. Do not go swimming in the pool or ocean until you are cleared by Dr. Wong to do so.

EXERCISES

- Please move your fingers and wrist as much as possible on a daily basis.

POST-OP

- Enclosed are the following prescriptions for you to use post-operatively:
 - Norco or Tramadol, a strong narcotic, is to be used for pain relief as needed.
 - Colace, a stool softener, to be used as needed.
 - Zofran, an anti-nausea medication, for use as needed.
- If you have any adverse effects with the medications, please call our office.
- If you develop a Fever (101.5), Redness or Drainage from the surgical incision site, please call our office to arrange for an evaluation.

FOLLOW-UP

- Please call the office to schedule a follow-up appointment for your wound check, 10-14 days post-operatively. Dr. Wong will prescribe physical therapy at this time.

IF YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO CALL OUR OFFICE.