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DIPLOMATE AMERICAN BOARD OF PLASTIC SURGERY
FELLOW AMERICAN COLLEGE OF SURGEONS
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INSTRUCTIONS FOLLOWING HAND SURGERY

1. The dressing or cast has been fashioned to fit your hand and operation. The dressing or cast keeps the operated parts at rest so that you are comfortable. Do not be alarmed about slight blood staining of your dressing or cast.
2. Today, go home and rest. Keep the operated hand on your chest or on two pillows at your side. The hand is more comfortable when it is kept elevated above heart level.
3. Whenever you are sitting up or walking, keep the operated hand in the sling with the fingers pointing toward the opposite shoulder.
4. Do not be alarmed by the anesthesia effect. The anesthetic block may take from 2-6 hours to wear off. Until then, you will not have control over your operated hand, so protect it with your other hand.
5. Beginning the day after surgery, every four hours while you are awake, slip the sling strap over your head and exercise you elbow and shoulder ten times with the hand held over head.
6. Take one or two pain capsules every four hours as needed, but stop taking them when the pain has decreased. Usually the pain is much less after 48 hours. If severe, unrelenting pain persists, call my office or return to the hospital emergency room.
7. If antibiotics were prescribed, take until all the pills are gone. If any side effects develop, stop taking them and call my office.
8. You are scheduled for a return appointment on _____