

Hand Surgery

Postoperative Care:

Immediately After Surgery: (Days 0-7)

- On the day of surgery, please ice the incision sites for 30 minutes each hour while awake. You can and should use exposed fingers for light activities, such as eating and dressing.
- Do not apply ice.

Keep your hand elevated above the level of your heart for 3-5 days. While sitting in a chair or lying in bed, place your arm on pillows to keep it elevated. While walking around, keep your hand elevated on your opposite shoulder. You may discontinue elevation when lowering the hand no longer causes it to throb.

A soft dressing and protective splint are placed at the conclusion of the surgery. If this dressing feels tight, you are welcome to loosen some of the overlying ACE wrap, but please do not remove the deeper layers.

Place a large bag over the dressing when you shower or bathe. Place 2 rubber bands above the dressing to keep the bag in place and prevent leaking.

In addition to prescribed pain medication, over the counter Ibuprofen (Advil, Motrin) can be taken every 4-6 hours as needed. Acetaminophen (Tylenol) should be taken in addition to your prescribed pain medication.

Day 7-14

A post-operative appointment will be made for 7-14 days following procedure and sutures are usually removed at this time. If needed a prescription for specialized hand therapy will be given to you at your post op.

Return to work instructions and limitations are highly variable, as patients have many different requirements, and specific plans will be developed if necessary, at your follow-up appointment.

Avoid submersing or soaking the incision (swimming, hot tubs etc.) for 2 weeks.

- May remove dressing and shower in ____ days.
- Keep dressing on and dry until post-op appointment.

Common Concerns:

Pain and Swelling:

Some degree of pain and swelling is expected following any surgical procedure. Please notify the office if pain increases in intensity despite your pain medication and/or swelling increases despite elevation.

Numbness and Tingling:

Long-acting local anesthetic is usually injected during your surgery. This can lead to numbness of the fingers which can last as long as 24-36 hours. The surgery itself can also cause temporary numbness that may last for a longer period of time. Please alert your doctor at your postop visit if you have any new numbness that you did not have before surgery.

Infection:

Infections following hand surgery are rare. Skin irritation and scabbing is common. Please contact the office if intense redness, streaking or fever develop.

Driving:

You may exercise judgement and return to driving once you have stopped using ALL prescription pain medications and your postoperative bandages have been removed. If you are unsure about your ability to drive safely, it is best to wait until your follow-up appointment to be cleared to drive.

If you have any questions or concerns, please call our office at 413-370-8134 our hours at Wing are Monday 8-5 and Wednesday 8-4. If this is an emergency outside of those hours call the Springfield office at 413-794-5363.

Dr. Aparajit Naram

Luanne McCloskey PAC

Michele Talaia RN

Follow-up Appointment:
