

## **DISCHARGE INSTRUCTIONS - HAND SURGERY**

**Elevation:** This is the most important thing you can do after your surgery. It is very important that you spend as much time as possible in the next 2 weeks resting with your hand elevated. This will improve your wound healing and swelling and (most importantly) decrease your pain!

You can use a sling during the day or rest the arm beside you on the arm of the couch, and even rest it up on a pillow at night. A rough guide is that your hand should be higher than your heart. It is also important to take your arm out of the sling and move your elbow every hour during the day. It is also normal to have cold sensitivity in your fingertips for up to 12months after your surgery.

**Dressings:** Keep your dressings intact and shower by taping a plastic bag around your arm unless told differently by Dr Bradshaw. If the dressing gets wet/dirty/smelly either contact Dr Bradshaw's rooms or ask your GP or local hospital to check it. If you have a plaster backslab and it gets wet, please contact us.

**Movement:** It is very important to move your fingers after the surgery. This helps reduce the swelling as well as preventing stiffness. If Dr Bradshaw's surgery involves movement instructions or restrictions, these will be written below.

**Therapy:** Dr Bradshaw may refer you to Riverina Hand Therapy after your surgery for range of movement exercises and swelling management. This is an important part of your post-operative recovery.

**Medications:** You will be given some painkillers to take home with you by the anaesthetist. If these are not managing your pain, please contact Dr Bradshaw's rooms or your local GP, or if after hours Wagga Wagga Rural Base Hospital on 02 5943 1000.

**Running Low on Medication:** Reminder our practice closes at 3pm on Fridays. To ensure you receive your script in time, please contact our rooms prior to 12pm to request further medication.