FORM
CAMPUS
DR. RON SOMOGYI, MD, FRCSC · DR. CORY GOLDBERG, MD, FRCSC · DR. MICHAEL BRANDT, MD, FRCSC

POST-OPERATIVE INSTRUCTIONS

Hand and Wrist Surgery

The following after-care information will help make your surgery safe and uneventful. It is important that you understand it all. If you have any questions, please ask your surgeon or our team. In some cases, there will be variations to these instructions, and these will be discussed with you.

The most important thing for pain control is to keep your hand elevated at all times. Keeping blood from rushing to your hand will also prevent the throbbing pain that comes with it.

GENERAL CARE

- Do not lift more than 5-10 lbs for 1 week.
- Do not take a bath or enter pools, hot tubs and similar for 2 weeks.
- Swelling can occur; this is normal. It is OK to use ice wrapped in a towel to reduce swelling.
- Bruising and swelling are a normal part of the recovery process. Bruising will usually resolve within three weeks.
- Bleeding from your surgical site may occur following surgery. Normal oozing and soaking of your dressing is very common.

ARNICA FOR BRUISING

Arnica has been shown to help decrease bruising and reduce the length of time bruising is visible. We recommend a combination of oral pellets and topical gel, but if you would like to use only one, the pills are likely more effective. The pills should be started two days before your procedure and continued for 3-5 days after your procedure. The gel can be started as soon as massaging it in is tolerable, and can be continued until the bruising has subsided. Storing the gel in the fridge also provides a cooling, soothing effect on the bruised area. **Do not** take off the dressing, and **do not** apply the gel on the actual incision until it has completely healed. Apply it around the procedure area to minimize swelling and bruising. **Do not** use Arnica if you are allergic to the daisy flower.

BLEEDING

If there is uncontrollable bleeding from a certain location, please apply constant firm pressure for 10 minutes with a clean towel.

ACTIVITY

Sports such as jogging, tennis and aerobics may be gradually resumed starting 6 weeks after surgery. With all activities, start slowly at first, and only increase your level as you feel comfortable and pain free.

DRESSING AND EXERCISES

If your hand is in a splint, please disregard the instructions below and leave your dressing intact.

- Showers are permitted two days after surgery.
- Perform the following exercises on day 1 after your surgery: move all fingers and thumb into and out of a fist position, and move your wrist up and down and in circles.
- Once there is no longer any dressing or tape on your incisions, please apply Polysporin once a day.

QUESTIONS OR PROBLEMS

Every effort is made to provide you with a surgical experience that is safe and as comfortable as possible. Any suggestions you have that might improve the experience are much appreciated. If you have any questions, concerns or problems, please call the office at 416-447-6176.

> If there is an urgent situation and we are not immediately available, please go to the emergency department at North York General Hospital or your closest emergency department.

We hope you have a speedy recovery from your surgery.

90 Eglinton Avenue East, Suite 700, Toronto, Ontario M4P 2Y3
T (416) 447-6176 · F (416) 447-5750 · FORMFACEBODY.CA

These instructions are general guidance. Your surgeon or provider may give you instructions specific to your care, and those take priority.