

GENERAL POST-OP INSTRUCTIONS & ADVICE

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 me or my staff. In some cases, there will be variations to the instructions, and these will be discussed with you.

The most important thing in terms of pain control is to keep your hand elevated at all times. Avoiding blood rushing to your hand, will also avoid the throbbing pain that accompanies it.

Do not lift more than 5-10 lbs for 1 week

Do not take a bath, enter pools, hot tubs etc 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 that bruising is visible.

It is recommended to use a combination of oral pellets and topical gel but if you would only like to use one or the other, 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 the massage process of administering the gel is tolerable and can be continued until the bruising has subsided. Storing the gel in the fridge will also provide a cooling and soothing effect to the bruised area.

DO NOT take off the dressing and DO NOT apply on the actual incision until completely healed. Apply around procedure area to minimize swelling and bruising. Please DO NOT use Arnica if you are allergic to the daisy flower.

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

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.

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

- Showers are permitted two days post operatively
- Perform the following exercises on day 1 after your surgery:
 - o Move all fingers and thumb into and out of a fist position
 - o Move wrist up and down and in circles.

Once there is no longer any dressing or tapes on your incisions please Apply Polysporin 1x a day

Questions/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 room department at North York General Hospital, or your closest emergency room department.

We hope you have a speedy recovery from your surgery.

Sincerely,



Ron B. Somogyi, M.D.



Waqqas Jalil, M.D.