

POST-OPERATIVE INSTRUCTIONS

HAND SURGERY

The proper post-operative care of hand reconstruction surgery is critical to achieve the best outcome. This may involve an initial period of splintage or bandage protection, followed by a mobilising programme. More complex surgery may need the assistance of a Hand Physiotherapist.

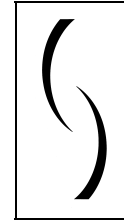
All hand wounds should be elevated (above heart levels) for the first few days to avoid swelling, bleeding and pain. A sling is advisable initially. Sleeping with the hand on an adjacent pillow is most comfortable. Do make sure you regularly move elbow and shoulder to avoid stiffness.

Excessive pain not relieved by simple pain tablets (Panadeine or similar) may mean swelling and a tight bandage. This may require urgent bandage removal and should be reported.

Splints and plasters are important to protect the hand after reconstructive surgery. Most need to be kept clean and dry. Showering with a plastic bag and tape protection can be undertaken cautiously. You will be advised about the timing of splint removal and post-operative mobilising.

***If you have any concerns please contact
your Surgeon on 8223 7870***

***after-hours on 1300 308 153
(Private Plastic Surgery Service)***



SACH DAY SURGERY

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INSTRUCTIONS

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