



De Quervain's Release Post Op Care

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tingling in fingers of operated hand, wound swells or redness or fluid discharges, please contact me ASAP- ph 8376 9988 or pager available 83782179 after hours.

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1. You should elevate arm above heart as much as possible for first 5 days. A sling does not get enough elevation. It should be kept near your ear- easier resting elbow on a window pane in car, back rest of sofa, when lying flat, or, on pillows resting against chest when flat in bed.
2. Wool and bandage dressing to be removed 48 hours after surgery. Leave the dressing underneath intact. This is to be kept dry for 5 days. On the 5th day the dressing can get wet, removed and sutures can be left exposed.
3. The sutures should be removed 10 days following surgery by Dr Nimon or the practice nurse.
4. You will be given a follow up appointment following surgery for between 1-2 weeks. If you have not been given an appointment please contact
Debbie on 83769988 for an appointment.
5. Usually pain improves on a daily basis but you should rest at home and gradually do more each day. **If however the pain suddenly increases, you experience increased numbness/**