



GLENELG
ORTHOPAEDICS

Hand Surgery Care After Surgery

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Hand Surgery - General Instructions

Care After Surgery

Keep wound clean and dry. After 5 days you can get the wound wet but do not soak the hand or wrist.

You can removed the bulky dressing (wool and bandage) 24-48 hours following surgery

If a water proof dressing is in place, please leave these on until you have seen me at your post operative appointment. If you notice any reaction to tape or dressings please contact my rooms . Hygiene is important so remember to always have clean hands if touching the wound.

Keep hand elevated as much as possible - rest arm so that your hand is above your heart as much as possible, during the week post surgery.

If any excess discharge from wound please notify me on 8376 9988 or pager 8378 2179 (After Hours Emergency number)

If you feel unwell or have excessive pain that is not resolved with analgesia please contact me on 8376 9988 ASAP.

Continue with any exercises given to you by the physiotherapist.

If you are concerned at any time please contact my rooms on 8376 9988.

Thank you

Dr Gavin Nimon