

**GLENELG**  
ORTHOPAEDICS



## **Hand or Wrist Surgery Instructions for Care After Surgery**

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**Instructions for Care After Surgery**  
**Hand or Wrist Surgery**

Keep wound clean and dry. Do not soak hand or wrist.

If a dressing is in place please do not remove these until you have seen me at your post operative appointment. If you have a reaction to the tapes or dressings used please contact me ASAP.

Keep hand elevated as much as possible- test arm so hand above heart. This will help reduce swelling. This is important in the first 48 hours.

If you experience any loss of feeling in the fingers of the operated hand, numbness, decreased movement in your fingers of your operated hand, or change of colour of the fingers of the operated hand, please contact me ASAP. If you are unable to contact me please contact your local emergency department for further advice.

If any excess discharge from wound please notify me on 83769988 or after hours pager 83782179

If you feel unwell or have excessive pain that is not resolved with analgesia or a temperature above 38 degrees please contact me on 83769988 or after hours pager 83782179 ASAP.

Continue with any exercises given to you by the physiotherapist.

If you are concerned at any time please contact my rooms on 83769988.

Do not drive if you have your arm in a plaster or if it is restricted in a bandage or sling.

If you are unsure of any care post operatively please contact my rooms for further advice.