



**AMBULATORY CARE
ORTHOPEDIC PROCEDURE ROOM
Post-Operative Instructions
Hand Dressing**

PAIN:

After your procedure, some pain is normal for the first 2 or 3 days. Your Surgeon has given you a prescription for pain medication. Please use as instructed.

OPERATIVE SITE:

The bandage on your hand and forearm is designed to hold the hand in a position that is optimal for your comfort and healing. Keep the hand elevated during the first 2 – 3 days. When standing, hold it at shoulder level. When lying down or sitting, rest it on one or two pillows. Do not allow it to become wet. Protect it when showering, etc. by inserting the dressing into a large plastic bag, and sealing it with an elastic band on the forearm.

FOLLOW-UP:

Should you have any problems or concerns about your condition, contact your Surgeon. If unable to reach him/her, come to the Emergency Department of the hospital.

ADDITIONAL INFORMATION:

- If the surgery or injury is painful for more than 2 or 3 days, notify your Surgeon.
- Numbness or tingling in the fingertips or a blue-grey discoloration of the fingers are indications that your dressing is becoming **TOO TIGHT**.
 - Elevate the hand for two hours.
 - You may remove the coban dressing or tensor, but not the dressing itself. Reapply the coban/tensor loosely.
 - If signs persist, call your Surgeon.

Call your Surgeon immediately or go to the nearest emergency department if you have any of the following complaints:

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Signs of Infection

- Redness that spreads beyond the initial wound.
- Pain that worsens after 3 – 4 days.
- Swelling that worsens after 3 – 4 days.
- Fever, chills, muscle aches and pains (Flu-like symptoms).