

PERIOPERATIVE SERVICES

Post Operative Instructions

Your Hand Dressing

PAIN:

Normally, the surgery or injury is painful for the first 2 or 3 days.

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 for the first 2 to 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, as it may contain plaster, and must be protected. When showering, etc., insert the dressing into a large plastic bag and seal with an elastic band on the forearm.

FOLLOW-UP:

Should you have any problems or concerns about your condition, contact your Surgeon or the Surgeon on-call, through their office. If unable to reach either of them, come to the Emergency Department of the Queensway Carleton Hospital.

For your return appointment:

- Register at Admitting Department, Queensway Carleton Hospital on
Date: _____ at: _____
- Please telephone your Surgeon's office for a follow-up appointment.

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 is indications that your dressing is becoming **too tight**.

▪ Elevate the hand for one hour

- If signs persist, call your Surgeon or go to the nearest
Emergency Department

Do not attempt to revise or remove the bandage yourself.



PLEASE SEE OTHER SIDE

NORS 524-15-09

Patient safety is very important to the Queensway Carleton Hospital and this information is provided to patients and their families to help inform you of your essential role in your own safety.

The information contained on this sheet is not specific medical advice, nor a substitute for medical advice. For your safety, it is advised that you speak with your Doctor and Health Care Team about your particular health care needs.

Protect Yourself! Clean your hands frequently and ask your healthcare providers and visitors to do the same. Clean Hands Save Lives.

