



BARBOUR

PLASTIC SURGERY

Hand & Wrist Surgery Post-Operative Instructions

Swelling:

- Swelling is natural after surgery for the first week. Splints and casts may feel too tight due to swelling and you can loosen the outer compression (ace bandage) wrap, but please do not remove the entire dressing or adjust the splint.
- It is important to continue using compression to reduce swelling, as this helps speed recovery and decrease pain.
- To reduce swelling, elevate your arm above your heart by lying flat on your back with your hand resting on a few pillows or while sitting with your arm propped on a pillow. While walking, keep your hand elevated on your opposite shoulder.
- An ice pack applied on the post-operative dressing will help to reduce swelling and inflammation. Do not apply ice directly to skin.

Wound Care:

- Leave the post-operative dressing in place until your post-operative appointment with Dr. Barbour.
- If swelling is occurring in the fingers and is not reduced by elevation and using ice, you may loosen the outer ace bandage to reduce discomfort.
- Place a plastic bag over your dressing/splint when showering and bathing to prevent it from getting wet. Use rubber bands or tape above the dressing/splint to keep the bag in place and prevent leaking.
- After your first post-operative appointment, you may wash the incision area daily with soap and water unless instructed otherwise. Avoid soaking/submerging the incision site.
- Change the dressing as instructed in your post-operative appointment.

Medications:

- Pain medications are frequently prescribed. Pain medications can often cause nausea, constipation and itching. In addition to prescribed pain medication, over-the-counter ibuprofen (Advil, Motrin) can be taken every 4-6 hours as needed.
- If you have any more severe interactions to pain medications than described above, discontinue taking them and contact Dr. Barbour's office for further instructions.

Contacting Dr. Barbour's Office:

- If you experience any of the following, please contact Dr. Barbour's office:
 - Severe pain that is not relieved by pain medication.
 - Signs of infection including: increasing redness in the finger/hand, redness spreading up the arm, spiking fevers (over 101.5 degrees).
- Numbness or tingling following surgery is common and should not cause alarm, if you are experiencing these symptoms discuss them with Dr. Barbour at your post-operative appointment.

Should you have any questions or concerns, please do not hesitate to call or email our office.

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