

POST - OPERATIVE INSTRUCTIONS

Pain Management

- During the procedure local anaesthetic is injected into the operative site which should numb the area for 6-12 hours after your procedure.
- Upon discharge you may begin to feel some discomfort for which you may take:
 - Panadol/Panadeine/Panadeine Forte, 2 tablets every 6 hours regularly for the first 48-72 hours.
 - Anti-inflammatory e.g. Nurofen can be used in addition if required.
- Elevation of your hand is important for management of post-operative pain and swelling. Wearing a sling and sleeping with your hand on a pillow for 48 hours post-operatively will assist.
- If your pain is not controlled with the above measure contact WPRS for advice.

Wound Care

- Please keep your crepe bandage and plaster, if present, intact till review
- If your dressing/plaster falls off, do not be concerned as it will not harm the operative site. You may contact WPRS during office hours for advice regarding the dressing if needed.
- Please keep the dressing dry, unless advised otherwise
- If any bleeding occurs upon discharge, please elevate above your head and apply pressure for 10 minutes, if it continues then repeat elevation and pressure for another 10 minutes. Contact WPRS if the bleeding does not cease following these measures.
- Small amounts of ooze from your wound is normal. Please consult WPRS if you are concerned by the amount or type of discharge.

Activity

- Avoid any strenuous activity (heavy lifting, repetitive activities) after your procedure. Your therapist will provide you with advice on when to return to these activities
- You may return to work when comfortable and safe. Time off work will depend on your profession. You may use your uninjured hand as required with no restrictions
- You may drive once you feel comfortable and safe to do so. We do not recommend driving if you have a plaster on your hand.

Follow-up

- On day 7 you will have a post-operative wound check with the nurse at WPRS
- After the initial dressing you will be assessed by a hand therapist at WPRS and your rehabilitation will begin.
- On day 12-14 you will again be booked to see the nurse, who will remove sutures and advise on further scar management.

Please note: hand therapy appointments following your initial appointment may incur an additional out of pocket cost, to be paid on day of appointment. No Medicare rebate applies.

If you have any concerns please contact WPRS on (03) 5562 5330.

- Within clinic hours your call will be transferred to clinical nurse and managed appropriately.
- After hours you may leave a message or your call will be diverted to the on-call Plastic Surgeon.

In the unlikely event you are unable to contact staff at WPRS please call St John of God Hospital, Warrnambool on (03) 5564 0600.