

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.
- A splint will be applied to the treated finger following the appointment to straighten your finger. It is important to rest the treated finger following both appointments.
- If your pain is not controlled with the above measure contact WPRS for advice.

Wound Care

- Occasionally when straightening the finger, you may have a small skin tear. This will be dressed by nursing staff at WPRS and you will be advised on further management.
- If any bleeding occurs upon discharge, please apply pressure to the area and elevate the arm above your head for 10 minutes and then reassess, if bleeding continues then repeat pressure for another 10 minutes. Contact WPRS if the bleeding does not cease following these measures.

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.

Follow-up

- On the day of your finger being straightened, you will be assessed by a hand therapist and a splint made. Your rehabilitation will begin at this point. Your outcome from surgery is heavily dependent on your rehabilitation.
- If required, an appointment for the nurse will be arranged 5-7 days post straightening, only if required.
- If you require further hand therapy appointments they can be booked as required.

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.