

**HAND SURGERY
POST-OP INSTRUCTIONS
Greg P. Watchmaker MD**



LABEL

1. Keep bandages in place: until follow-up with Dr. Watchmaker
 You may remove the bandage in _____ days,
then _____
2. You may shower provided the bandage is kept dry with a bag. (Many patients use a newspaper bag with GLAD PRESS-AND-SEAL to seal the bag to the skin).
3. Elevate your hand at or above the level of your heart most of the day for the first 3 days. Thereafter you may elevate it less as the swelling goes down.
When you sleep, keep your hand up on 2 pillows.
When sitting, place two pillows on a table next to you and rest your hand on the pillows.
When you are walking, hold your hand by your shoulder.
Ice is not necessary.
4. You should not do any physical activities which would raise your blood pressure and pulse (i.e., aerobics, sports, running, etc.). Also stay out of hot or humid environments which would cause you to perspire.
5. Swelling is normal following surgery. Typically hand and finger swelling will peak on the second or third day. If your hand dressing becomes too tight causing your fingers to become numb or turn blue, contact Dr. Watchmaker immediately at (262) 241-9224.
6. A small amount of blood on your bandage over the next two days is normal. Contact Dr. Watchmaker's office for excessive bleeding.
7. **NO** aspirin for 1 week unless you take it for a stroke or recent heart attack. Take the pain medication Dr. Watchmaker prescribed as needed. You may take Tylenol instead if pain is mild. Avoid Advil, Motrin, Ibuprofen and other anti-inflammatory medications for one week.
8. **NO SMOKING.** Smoking increases the risk of infection and slows mending of bone and soft tissues.
9. You may use your hand: for light occasional activities up to 1-2 pounds.
 for moderate activities up to _____ pounds.
 You should not use your hand at work or home.
10. Schedule a follow-up appointment with Dr. Watchmaker at (262) 241-9224 in:
 3-5 days 5-7 days 7-10 days As shown on the pre-op paperwork.
11. Call Dr. Watchmaker's office with any urgent questions (day or night) at (262) 241-9224

Patient's Signature: _____

Date: _____