Hand Surgery Post Operative Care Instructions

Resting, Exercise + Washing

**Important**
- If your hand is in a splint please disregard the instructions below and leave your dressing intact. Await a phone call from the Occupational/Physical Therapy department.

**Rest + Relaxation**
- Keep the surgical site elevated above the level of your heart for 48-72 hours post surgery to reduce swelling and pain.
- Swelling can occur, this is normal - it is ok to use ice wrapped in a towel to reduce swelling.

**Exercise**
- Move all fingers and thumb into and out of a fist position.
- Move wrist up and down and in circles.
- Perform immediately after surgery unless directed otherwise.
- Do not lift more than 5-10 lbs for 1 week if instructed.

**24 Hrs After Surgery**
- Remove dressing unless otherwise instructed.

**Washing**
- Wash area with soap and water or shower, do not soak surgical sites - no baths, pools, hot tubs, lake water or dish water for 2 weeks.
- Dry surgical site by gently patting dry with clean towel or allow to air dry.
- Apply Polysporin or Neosporin ointment and cover area with a bandaid or other clean dressing.
- Allow wound to be uncovered and without ointment for 2-4 hours daily.
- Bleeding or oozing of blood from the surgical site may occur following surgery. If it occurs hold constant firm pressure for 10 minutes with a clean towel. If bleeding persists see after hour care information.

Medication + Follow Up Care with Dr. Islur

**Medication**
- Anti-Pain medication can be taken after surgery.
- Resume prescribed medications unless otherwise stated.
- Take antibiotics as prescribed at the appropriate times until completed.
- Apply Polysporin to your incision lines 1x a day once steri-strips are removed.

**One Week After Stitch Removal**
- 1 week after stitches are removed begin to massage scar with hand or body lotion - Vaseline cream or BioOil - do not use vitamin E.
- 1 week after stitches are removed, if surgical site is exposed to the sun, apply sunscreen SPF 45 or higher for at least 1 year to prevent scar from tanning

**Follow Up Care**
Dr. Islur will let you know which location to visit for your in-office follow up appointments. You will probably be seen at St. Boniface Hospital. You will have full access to Dr. Islur and his medical team to help guide you through a quick and comfortable recovery.

St. Boniface Hospital
200-400 Tache Avenue
Winnipeg, MB R2H 2A6
tel: 204.235.3020

**Weekday After Hour Care**
If there is a concern about your surgery or your healing please call Dr. Islur’s nurse 204.237.2800 or call the office at 204.235.3020 - please state the date of your operation and the procedure you had performed.

**Weekend After Hour Care**
If on weekends or an emergency, please call 204.237.2053 and ask to speak to with Dr. Islur or the plastic surgery resident on call.

Take time to rest and recover from your surgery, have a healthy diet and get some sleep. It is important to follow these recommendations very carefully. Visit www.drislur.ca for more info.