

Instructions for Hand Surgery

POST OPERATIVE INSTRUCTIONS

1. A splint or soft dressing may be placed on your hand. This dressing must be kept dry.
2. You may move your fingers while in the dressing or splint unless otherwise instructed.
3. Avoid heavy lifting and keep activities to a minimum.
4. Elevation of the extremity above the heart is important while the splint or dressing is intact.
5. Elevation helps reduce swelling and pain. Elevate your hand by using two pillows.
6. Use pain medication as directed. If none has been prescribed, use a non-aspirin pain reliever.
7. If a drain has been placed in the wound, it will usually be removed in 24-48 hours after surgery.
8. Sutures are usually removed in 10-14 days after surgery.
9. Return to work and resumption of activities will be discussed at follow-up appointments.

THINGS TO REPORT TO OUR OFFICE

1. Throbbing, pounding pain that is not relieved by elevation and pain medication.
2. Excessive bleeding that saturates dressings or fills drain tube immediately or continuously.
3. Temperature of 100 degrees or greater.
4. Nausea or vomiting.

You can reach Dr.Stratis at the office 717-728-1700 or on his cell 717-574-2116.