

TIA LIU MD, MSc, FRCSC

www.drliu.com

Dressings:

- Keep the dressing dry and intact. You should remove the outside dressing within a few days. Apply a Bandaid as needed in the first week.

Activity:

- Keep hand elevated above your heart for the first week after surgery; this will help to reduce swelling and pain.
- Gently move your fingers inside the dressing; this movement will help to reduce finger stiffness.
- Approximately 1 day after surgery, begin exercising your hand by both forming a fist and extending your fingers; repeat these motions several times per day to regain strength and flexibility.
- You may get your hand wet after 48 hours with clean water and soap. Avoid soaking your hand in dish water, bath water, pools, hot tubs etc. for the first 2 weeks.
- After 3 weeks, you may begin massage the scar to reduce pain and swelling.
- For the first 4 weeks, avoid any heavy lifting or activities that may cause hand strain/impact.
- Keep in mind that it may take several months for strength in your hand and wrist to return to normal.

Discomfort:

- You may experience soreness around the incision for several weeks or months; over-the-counter Ibuprofen and/or Acetaminophen may help to reduce the pain.
- The numbness and tingling, commonly experienced before surgery, may disappear slowly and may take 6 months to 1 year to resolve.
- If damage has been long-standing and extensive, sometimes sensation and strength will never fully return.

If any of the following problems occur please notify Dr. Liu's office

- Increased pain
- Increased swelling/redness
- Fever/chills
- Foul odour and/or increased drainage from incisions

Follow-up appointment:

- An appointment should be scheduled for approximately 14 days after surgery. Please contact our office. If you prefer to follow-up on the phone, please send us a photo of your hand a few days before the scheduled appointment. Thank you.