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Postoperative Instructions following Hand Surgery

You will be bruised and swollen following an operation on your hand. The swelling will be greatest for 36 hours after surgery. You may have some oozing of blood from your incisions for several days postoperatively. Your pain may be considerable for the first few days after surgery. You can expect the pain and swelling to diminish after the first 10 days. The bruising may persist for 10 days or longer.

You can promote more rapid healing by following these simple rules.

1. Keep your arm elevated on several pillows while sleeping.
2. Wear your sling while walking.
3. Keep your cast or dressing dry until your Doctor removes it.
4. Drink 8 glasses of water a day.
5. Take your prescribed antibiotics and pain medication as directed.
6. Do not exercise until your doctor instructs you to do so.
7. Do not smoke following your surgery.
8. Do not take Aspirin, Advil, Motrin, Ibuprofen, Naprosyn or other non-steroidal anti-inflammatory medications unless your Doctor instructs you to do so.
9. Call your doctor if you have any increasing pain, swelling, fever, chills, vomiting or other concerns.