



TUAN A. TRAN M.D., M.B.A, F.A.C.S.

Diplomate American Board of Plastic Surgery, Diplomate American Board of Surgery

General Surgery, Reconstructive Surgery, Aesthetic Surgery, Plastic and Hand Surgery

Hand Rejuvenation

With Fat Grafting, Fillers, or Hand Lift

Post-Operative Instructions

Before Your Procedure

- Shower the night before or the morning of your procedure. You can eat and take all of your medications as usual.
- If you're driving to your appointment, bring someone who can drive you home after your procedure.

After Surgery

This is a minimally invasive regenerative aesthetic procedure for the hands. Care for your operated site as instructed by Dr. Tran. As a reminder, you may follow this general advice:

- You may feel numbness in the hands after the procedure due to local anesthetic injections. This sensation should fade away after 4 hours.
- If your wrists were wrapped in gauzes, you may remove them after 12 hours following the procedure. Keep the bandage on the administered site dry and clean.
- Take your antibiotic as instructed if you were prescribed by Dr. Tran.
- Acetaminophen and ibuprofen may be taken to reduce pain as needed.

Follow-up Visit

At your pre-operative appointment, our office staff will schedule your post-operative visit within 7-10 days following the operation. At this appointment, Dr. Tran will check-up on your results and provide you with further instructions of care as needed.

Possible Problems/Emergency

If you develop any symptoms such as fevers with temperature greater than 101.5 F, chills, persistent nausea and vomiting, inability to urinate, persistent numbness/tingling of fingers, or any increasing pain not controlled with medications, please contact our office at 714-839-8000 between the hours of 9AM-6PM on Monday-Thursday and 9AM-1PM on Friday; or you may reach us at 714-860-3588 after hours. If you are unable to reach your surgeon or a member of his staff, go to the Emergency Room closest to you.

References:

My Health Alberta. (2019). *Surgical nail removal for fungal nail infections*. Retrieved from <https://myhealth.alberta.ca/Health/Pages/conditions.aspx?hwid=hw268840>

Memorial Sloan Kettering Cancer Center (2018). *Patient & caregiver education: About your nail procedure*. Retrieved from <https://www.mskcc.org/cancer-care/patient-education/about-your-nail-procedure>