



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

Post-operative Instructions for HAND SURGERY

Care of Wound/Special Instructions:

Keep hand elevated above your heart for the next 48 hours. The dressing should stay clean and dry until seen in clinic. Proper elevation helps reduce pain and swelling.

You may shower after 2 days but dressing must remain dry. Suggestion - cover dressing and/or splint with plastic bag while in the shower

No tub bathing, swimming or soaking for 2-3 weeks or until cleared by Dr. Tran.

Do not go into pool, pond, river, or stagnant water site for 6 weeks to avoid infection

You may do light activities of daily living, such as feeding, key boarding, etc.

No power grip until instructed otherwise.

The sutures should stay in place for 10 days.

Managing Pain:

Pain Medication: You have been given a prescription for pain medication; take the medicine as instructed, starting as soon as you are able to tolerate a small amount of bland food such as crackers, toast or soup.

Do not take Motrin, Naproxen, Aleve, Advil or Aspirin until 3 days after surgery due to the risk of increased bleeding. After 5 days, you may take these medications in additional to the pain medication.

You can apply cold compression over the dressing/splint for comfort. Please try to keep the dressing and splint dry

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.