

POST OPERATIVE INSTRUCTIONS: Major Hand Surgery



T O W N S V I L L E

ORTHOPAEDIC

Dr. James Price

CLINIC

GENERAL

1. Have a responsible adult with you for first twenty-four hours after surgery.
2. Do not drive a car or operate machinery for first twenty-four hours.
3. Do not drive a car after an arm or leg operation at least until the sutures are removed, and not at all with a plaster.
4. Do not make important decisions in the first twenty-four hours.

DRESSINGS AND WOUNDS

1. Leave all dressings and / or plaster intact until your post-op appointment.
2. Keep wound and dressings dry (cover in plastic bag for shower) and keep arm elevated.

PAIN RELIEF

1. Initial pain maybe minimal due to the ongoing action of the local anaesthetic, but this will wear off after approximately eight hours. Therefore pain relief should be taken prior to going to bed on the first night post-operatively.
2. Take analgesia regularly; do not let pain get out of control.
3. You will receive a script for Panadeine Forte or a similar painkiller.

ACTIVITIES

1. Keep arm elevated above the level of the heart, either in or out of the sling
2. Move your shoulder and elbow three times a day to prevent stiffness
3. You may move your fingers and use your hand for light activities within pain limitations
4. Avoid heavy activities and avoid undue pressure or tension on the wound

PRECAUTIONS

1. Please call us if any of the following are worrying you
 - a. excessive bleeding or wound discharge
 - b. excessive swelling
 - c. excessive pain
 - d. severe fevers or chills
 - e. persistent tingling or numbness in the fingers after the first post operative day
 - f. if your stitches have burst or become excessively sore

Contact Details:

- a. Normal working hours call Dr. Price's rooms on 4728 8500
- b. After hours call the Mater Hospital switchboard on 4727 4444 or the Orthopaedic ward at the Mater on 4727 4443
- c. Call your G.P. if the above fails.

POST-OP APPOINTMENT

Your post-operative appointment will be on a Tuesday morning approximately ten (10) to fourteen (14) days after your operation.

Call my Secretary on (07) 4728 8500 to confirm your appointment time prior to this day.