

DEXTRA  
PLASTIC SURGERY

**Mr Markus Nikitins**

**83 Kensington Road, Norwood**

**All enquiries: 8223 7870**

Post-Operative  
Instructions

***Hand Surgery***

**Your next appointment is:**

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*If you are unable to keep this appointment please ring 8223 7870*



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## **HAND SURGERY**

The correct after care of hand reconstruction surgery is critical to achieve the best outcome. This may involve an initial period of splintage or bandage protection, followed by an exercise programme. More complex surgery may need the assistance of a Hand Therapist (Occupational Therapist).

All hand wounds should be elevated (above heart levels) for the first few days to avoid swelling, bleeding and pain. Sleeping with the hand on a pillow is most comfortable. Do make sure you regularly move elbow and shoulder to avoid stiffness.

Excessive pain not relieved by simple pain tablets (Paracetamol) may mean swelling and a tight bandage. This may require urgent bandage removal and should be reported.

Splints and plasters are important to protect the hand after reconstructive surgery. Most need to be kept clean and dry. Showering with a plastic bag and tape protection can be undertaken cautiously. You will be advised about the timing of splint removal and the exercise program at your first appointment after surgery.

**If you have any concerns please contact your Surgeon on 8223 7870**