



## Hand Care

### Upon your discharge:

You will be given a prescription for pain relief. It is very important to minimise swelling that you commence movement as soon as possible after surgery. Using pillows, keep your arm elevated above shoulder level when sitting or lying down. A sling is useful to keep the arm elevated while standing or walking

### ***Move all joints and limbs that are not splinted***

- Open and close the fingers fifty times every hour while awake
- Raise the hand high above your head at least ten times a day to prevent shoulder stiffness
- Stretch the non-operated arm and legs on the hour
- Keep your cast dry at all times

### ***Dressings and Care Instructions:***

- Keep dressings clean and dry
- A plastic bag may be required to seal the area when showering
- Leave dressing intact until your review by the hand therapist or Dr Lawrie.
- If necessary, new dressings can be obtained from a chemist.
- Leave your dressing for 3 – 5 days
- If you have sutures they can be removed around day 12 post-op
- You may experience tingling in the fingers for several weeks
- the hand and wrist are often sensitive for several weeks

### ***Once the wound is healed and your sutures are removed, at around two weeks, massage the scar with aqueous cream or Vitamin E cream four times a day as this helps to desensitize the wound***

Your grip will be weaker and slightly painful but this will improve over time

Avoid heavy lifting and repetitive activities for 6-8 weeks following surgery

### ***Report immediately if you have:***

- Severe pain, tenderness or swelling
- Temperature higher than 38°
- Unusual amount of drainage or odour
- Any problems with the dressing
- Nausea or vomiting
- Any definite change in movement, colour, warmth or sensation
- If your pain relief is not working

Dr Steven Lawrie  
MBBS FRACS Ortho  
Provider No 2047527A

[www.sunshineortho.com.au](http://www.sunshineortho.com.au)

Suite 17,  
Kawana Private Hospital  
5 Innovation Parkway,  
Birtinya QLD 4575  
p: 07 5493 3994  
f: 07 5493 3897  
e: [info@sunshineortho.com.au](mailto:info@sunshineortho.com.au)