

Garcia Plastic & Hand Surgery
Juan C. Garcia, MD, F.A.C.S.
15 E Washington St., Glens Falls, NY 12801
(518) 793-0475

Post-Operative Instructions following Hand Surgery

General:

Please call our office at 793-0475 the day after your surgery to schedule your follow up visit. Normally we like to see you 14 days postoperatively for suture removal. Dr. Garcia will instruct you on the day of surgery. **If you have any questions or are unsure, please call the office for instructions.**

1. **Do not remove the dressing or any splint unless instructed to do so.** Dr. Garcia will instruct you on the day of surgery if and when you may remove the bulky dressing. Your dressing has a specific purpose and is required to maintain an optimal position to aid you with adequate healing.

2. **If Dr. Garcia has instructed you to remove the bulky dressing, you may begin daily dressing changes.** Apply a NEW CLEAN GAUZE DRESSING over the incision every day. Keep the dressing and the incision dry at all times, even when showering. **Do not get the dressing or incision wet.** An Arm Cast Cover works well (PA Medical or Amazon - approx \$15)

Please purchase 4"x4" gauze squares, gauze wrap and surgical or paper tape for your daily clean gauze dressing.

3. Resume normal activities to regain strength and use of your hand once you remove your bulky dressing.

4. If you have a hard splint or have pins in place, do not remove the splint or dressing for any reason. **Do not get this wet.** You may purchase a waterproof arm cast cover for showering. (PA medical or Amazon approx \$15)

5. Place a plastic bag over the dressing when going in the shower. No use of this hand, unless directed by Dr. Garcia. You may purchase a waterproof cast cover for showering.

Pain Control:

1. The first 2-3 days following surgery are usually the most painful. During this time, elevation is very important to limit swelling and pain.

Proper elevation is when the arm is above your heart. Prop your arm up on several pillows at night to minimize swelling and during the day, raise your arm into the air (like the Statue of Liberty) or prop arm/hand on back of chair, couch while sitting) A sling is **not** recommended.

2. A narcotic pain medication has been prescribed for your use as needed. We encourage you to switch to over-the-counter Aleve or Advil as soon as possible. You **do not** need to finish the prescribed pain medication.

DO NOT:

- Do not place your hand in dishwater, tub water, swimming pools, hot tubs, etc...until your sutures are removed and the area looks healed.
- Do not leave incision uncovered, even at night.
- Do not use antibiotic cream/ointment.
- Do not use Band Aids

Work Restrictions:

1. Most of the time you can return to work within a few days, limiting the use of the affected hand. This is dependent upon the type of surgery you had and the type of work you do.
2. Any disability paperwork or work restriction forms needing completion should be brought to the office as soon as possible. Please allow 3 business days for completion. A fax number and contact name for your employer is required.

Call the office immediately at (518) 793-0475:

- If you experience any increased redness, drainage or odor from the incision
- If you develop of temperature of 100.4° or greater
- If you develop severe pain days after surgery unrelieved by pain medication and elevation

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