

HOME CARE RECOMMENDATIONS

— HAND SURGERY —

01 PHYSICAL ACTIVITY

- Avoid straining the operated hand or arm until instructed by the physician.
- Move joints that have not been immobilized, without much effort, until your physician authorizes it.
- Keep the operated limb up, where the hand is above the level of the elbow.

02 DIET

- Start with a light diet for you (puree, chicken, soup) and gradually return to your usual diet.
- Drink plenty of liquid, fruits and vegetables.
- If you have diabetes or hypertension, continue your usual diet.
- Avoid drinking alcoholic beverages and cigarettes.

03 GENERAL RECOMMENDATIONS

- Continue your daily bathing routine with soap and water, avoiding wetting the dressings and bandages that cover the wound.
- Do not apply anything to the wound.
- Keep your hand or arm up.

**POST-SURGERY
CARE**

February 2021

- Watch the color and temperature (heat) of your fingers.
- Use ice wrapped in a clean dry towel or cold compresses every 2 hours, for 10 - 15 minutes, during the following 3 days to your surgery.
- Watch for bleeding.
- Do not remove the splint if you have one.

04 CHECK WITH YOUR PHYSICIAN IF YOU HAVE:

- Temperature above 38.3 °C.
- Intense and persistent pain.
- Heavy bleeding.
- Redness of the fingers or hand.
- Swelling of the fingers or hand.

** It is normal to feel numb fingers up to 24 hours after surgery, if this persists, talk to your treating physician.*

05 MEDICATIONS

- Take your medication at the time and dose set by your physician.
- Continue with the medications indicated for the control of your underlying disease (diabetes, hypertension, etc.) as formulated.

ADDITIONAL INFORMATION

www.valledellili.org

331 9090 ext. 7131

