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Patent Information: **Hand Surgery**

Pre-operatively

- Ensure you have arranged appropriate transport and support (if having sedation or a general anaesthetic, someone needs to take you home and spend the first night with you). You may need assistance with daily tasks in the immediate post-operative period.
- Rest the day before your surgery - no strenuous activity.
- If you have ingrained dirt in the hands, gently scrub them the day prior with soap and water.
- Commencing Vitamin C 1gram daily in the week prior to surgery and for 3 months post-operatively may help with wound healing and nerve function.

Wound Care

- No manual work or heavy use of the hand post-operatively.
- Keep wounds clean and dry until your post-operative review.
- Rest and elevation are important to reduce swelling and discomfort - aim to keep your operated hand above the level of your heart (i.e. resting on two pillows next to your side if laying down).
- You may be in a plaster or splint post-operatively - these are to rest and protect the hand while it heals. If you are in dressing without a splint, gentle movement is acceptable (i.e. wiggling the fingers).
- You may need specialised physiotherapy after hand surgery - sometimes this is a standard part of the procedure, other times it is instigated to combat issues such as ongoing swelling, stiffness or thick scarring.
- Sutures are removed at 10-14 days. After removal of sutures, applying a simple moisturiser with firm massage may help to improve the final scar.

Analgesia and Antibiotics: Scripts for analgesia and antibiotics will be given on the day of surgery if required. If you have a script for antibiotics, please take as prescribed.

Post-operative review: Details given at time of surgery.

Infection: Infection can present as increased pain, redness, ooze or malodour. If you have concerns regarding infection please call (03) 6388 8118.

Results: Pathology results may take up to two weeks to become available.

Other Concerns: *if concerned please contact Plastic Surgery Tasmania on (03) 6388 8118. In an emergency or out of hours please contact the Plastic Surgical Registrar at Launceston General Hospital on (03) 6777 6777 who will contact Mr. Bunker.*

Daniel Bunker

SPECIALIST PLASTIC SURGEON