What are my post-operative instructions?

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest.
- Follow a balanced diet.
- Decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake.
- Take pain medication as prescribed. Do not take aspirin or any products containing aspirin unless approved by your surgeon.
- Do not drink alcohol, drive a car, or make important decisions when taking pain medications.
- Even when not taking pain medication, no alcohol for 3 weeks after surgery to avoid fluid retention.
- If you are taking vitamins with iron, resume these as tolerated.
- Do not smoke or be around a smoker. This can cause delays in healing and increases the risk of complications.

What should my activity level be?

- Start walking as soon as possible, this helps to reduce swelling, lower the chance of developing blood clots.
- Do not drive until you are no longer taking any pain medications (narcotics).
- No heavy lifting.
- Discuss your time off of work with your surgeon.
How do I take care of my incision?

- Avoid exposing scars to the sun for at least 12 months.
- Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).
- If you have a soft dressing, it will remain on for 3 days (this may vary with surgeons).
- Keep incisions clean and inspect daily (after the 3rd day) for signs of infection.

How should I expect to feel?

- If you are in a cast or a splint, it is to remain on until your post op appointment.
- May have mild to severe pain following surgery.
- Recovery may take months.
- Your doctor may recommend rehabilitation under the direction of a trained hand therapist. Therapy may include hand exercises, heat and massage therapy, electrical nerve stimulation, traction, splints and special wrappings to control swelling.

What will it look like?

- The scar should gradually fade.

What follow-up care will I receive?

- Hand therapy may be recommended by your doctor.

When should I call my doctor?

- If you have increased swelling or bruising.
- If swelling and redness persist for a few days.
- If you have increased redness along the incision.
- If you have severe or increased pain not relieved by medication.
• If you have any side effects to medications; such as, rash, nausea, headache, or vomiting.
• If you have an oral temperature over 100.4 degrees.
• If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
• If you have bleeding from the incisions that is difficult to control with light pressure.
• If you have loss of feeling or motion.

Who should I call if I have questions?
• (734) 998-6022, Monday - Friday, 8 a.m. - 4:30 p.m.
• After hours and on weekends, call Hospital Paging at (734) 936-6267 and ask for the Plastic Surgeon on call.