

STEPHEN EVANGELISTI, M.D.

Aesthetic and Reconstructive Surgery

Post-operative instructions for hand surgery

Activity

- Rest today after your hand surgery and resume normal activities tomorrow.
- It is important to keep your limb elevated above the level of your heart at all times for the first week. This will prevent swelling and pain.

Diet

- When you get home you will be hungry. However, please start with clear liquids such as tea, water, or apple juice. Then advance your diet as tolerated.

Medications

- To help with pain from your hand surgery, please take your prescription pain medication as directed.
- As your pain lessens, feel free to switch to a non-prescription pain medication such as Tylenol.
- Please do not take Ibuprofen or Aleve for a full week as these pain relievers cause bleeding and bruising.
- Please do not drive if you are taking prescription pain medication.

Dressings

- Keep you dressing clean and dry.
- The dressing is to stay on until your first post-operative appointment at one week.
- When showering, please cover it with a bag to keep from getting wet. A newspaper baggie works best. Tape at the forearm to prevent water from entering.

You should call the doctor for any of the following

- Fever over 101 degrees
- Pain not controlled by pain medications.
- Foul smelling discharge from incision, or redness/swelling at incision.

1901 Lac De Ville Blvd.
Suite 2
Rochester, New York 14618

Phone: 585-325-1120
Fax: 585-423-0471