



# W H I T B Y

PLASTIC SURGERY

## **Hand Fracture Post Op**

### **Dressings**

Please leave your dressing and splint on until you see Dr. Chambers or the Hand Therapist. At this point the dressing will be removed and you will get a new splint. If the wrapping is too tight you may unwrap and re-wrap the splint. Please don't take off the splint while doing this.

### **Showering**

It is okay to shower after your surgery – you will need to keep the dressing and splint dry.

### **Pain**

Try to elevate your arm as much as possible over the first 36-48 hours. This helps to reduce swelling and discomfort. Put it up on some pillows above your heart when you go to sleep.

Please take Tylenol extra-strength/advil and your prescribed medication if you have been given one starting 2 hours after surgery and regularly over the next 36 hours even if you do not have any pain. Once pain starts if is very difficult to stop.

### **Sutures**

Your sutures are dissolving and do not need to be removed unless otherwise specified. They usually dissolve within 3-4 weeks.

### **Activity**

Try to minimize the use of the treated hand until you are seen by Dr. Chambers or the hand therapist. Elevation is your best friend.

### **What to watch out for**

Some redness around the incision as it heals is normal. This is due to increased blood flow. The top layer of palmar skin often sheds as well.

If pain is increasing after 3-4 days associated with redness and swelling that is not improving over 10-12 hours these are signs of an infection. You should call the office (705-876-9003), your GP or go to emergency if the first two options are unavailable.