



Post Operative Care - Instructions and Information

| Hand and Wrist Surgery (most types) | |
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| Dressings | <ul style="list-style-type: none"> - Will has placed a dressing in the sterile environment of the operating theatre, and this is ideally left intact until your first post-operative review (typically 7-10 days post operatively) - [If you have had a tendon repair or screws used to fix a broken bone, Will may ask you to come in earlier (3-4 days post-operatively) to get moving with the hand therapist and ensure the best outcome] - Try to keep the dressing dry and intact (using a plastic bag, and pointing the hand up, while having a shower, etc) - ELEVATION = is key. This will reduce pain and throbbing, and by reducing the swelling we can fit you for a better-contoured thermoplastic splint (if needed) at your first postoperative visit. |
| Medications | <ul style="list-style-type: none"> - Resume/ Continue taking your normal medications the day after surgery unless we have explicitly instructed you otherwise - We recommend regular paracetamol +/- ibuprofen for at least the first 2-3 days after surgery (assuming you are safely able to take these medications). If stronger pain relief requirements are expected, we will provide a prescription on the day of surgery. |
| General | <ul style="list-style-type: none"> - Feel free to move within the constraints of the dressing- Will often uses Plaster of Paris half-cast or aluminium splints, so the important areas are protected. But please no heavy lifting until we have given you the "all-clear". |

If you have concerns or questions, you can phone 03 9412 8890 or email alexander@vhsa.com.au