



## **Dr. Singer Hand Surgery Post-Operative Instructions**

### **Your Recovery**

- Discomfort after surgery and specifically at the surgical site is to be expected. Each patient experiences discomfort to a different degree, but you can anticipate your discomfort to decrease over the first 48-72 hours post-operatively.
- Your fingers and hand may be sore and swollen for several days. It may be hard to move your finger at first. This usually gets better after several weeks. You may feel numbness or tingling near the incision. This feeling will likely get better in a few days, but it may take several months to completely go away.
- After hand surgery, some bleeding at the surgical site is anticipated. In general, most patients will have some slight discoloration of their post-operative bandage. If you develop an excessive amount of bleeding that becomes continuous, please call the office.

### **How can you care for yourself at home?**

- All dressings are to remain intact, clean, and dry for seven days postoperatively.
- If you were not given an appointment for 1 week after surgery with a physician, physician assistant or occupational therapist, you are to remove the dressing 7 days after surgery. You are to wash the wound with light soap and water. At this time, you may also take a shower and allow the water to run across your surgical site. Pat the wound dry. You may cover the wound after it has been dried with a loosely fitting bandage/band aid or may leave the incision open to air.
- Do not use hydrogen peroxide or alcohol, which can slow healing.
- Do not take a bath, swim, use a hot tub, or soak your hand until your doctor says it is okay.
- For 2 weeks after surgery, avoid lifting anything heavier than 1-2 pounds.
- If you are experiencing any redness or drainage, please call the office.

### **Other Instructions**

You will need to be seen in the office 10-14 days after your surgery. If you do not have a post-op appointment or have any questions/problems, please call the office at 814-942-1166.

Thank You, Dr. Singer