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# OMRI AYALON, M.D.

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555 Madison Ave, 2nd Fl, New York NY 10022  
23-18 31st Street, 3rd Fl, Astoria, NY 11105  
70 Atlantic Ave, 2nd Fl, Brooklyn, NY 11201  
646.987.9129

## POST OPERATIVE INSTRUCTIONS FOR LOCAL HAND SURGERY

### FOLLOW-UP:

\*Call 646.987.9129 in the next day or two to make a post-operative appointment in 2 weeks

### DRESSINGS:

\*Your hand will be bandaged and /or splinted following your surgery

\*Please keep your dressing clean and dry at all times.

\*You may shower tomorrow with your arm elevated above your head and dressing covered with a plastic bag, sealed with tape or a rubber band to make water tight. A plastic trash bag works well, or a commercial cast-protective bag can be purchased ([Click here for example of cast cover.](#))

**Please do not immerse your hand in water such as in a bath**

\*Please remove this dressing 5 days after surgery, wash with soap and water, and replace with a Band-Aid. (NO OINTMENTS, OILS OR LOTIONS)

### MEDICATION:

\*Pain is expected after surgery. Most of the pain can be managed with elevation, motion, rest, and anti-inflammatory medicines.

\*Take an anti-inflammatory such as Motrin or Advil (Ibuprofen) around the clock for the first 3-4 days. This means 600mg three times a day. This medicine does not interact with the pain medicine and will greatly reduce your pain. Take this with a small amount of food and do not take this medicine if you have kidney problems or stomach ulcers or if a doctor told you to avoid these types of medicines.

\*you can also take 500mg Tylenol in between the doses of Advil/Ibuprofen/Motrin also 3 times a day to help treat pain

\*Do NOT stop taking your blood thinner medicines before surgery. Continue any Aspirin, Plavix or other blood thinner medicines, unless otherwise instructed.

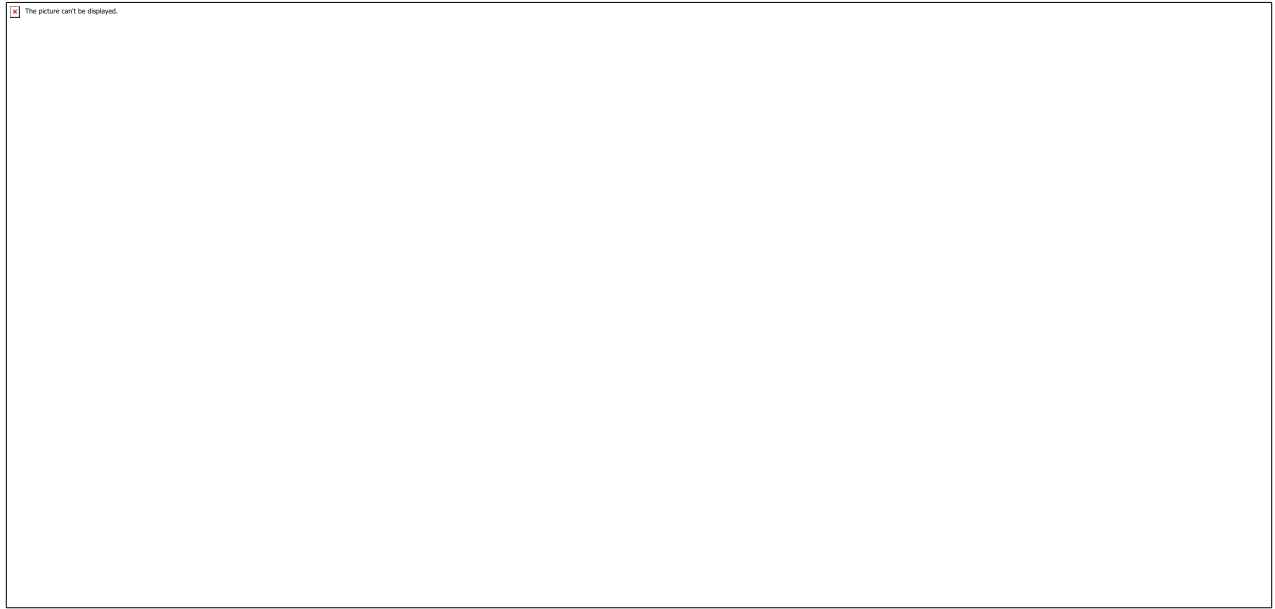
**Activities:**

\*Keep hand/wrist about the level of your heart at all times for the next 3-5 days.

\* Use your hand as much as possible within the limits of your dressing and splint to decrease swelling and improve your overall surgical results

\* Move all joints of the extremity that are not immobilized (shoulder, elbow, fingers, thumb) to minimize stiffness. Hand exercises can be performed a few times daily unless otherwise specified.

\*Avoid all activities which may re-injure your hand or finger such as lifting objects heavier than a book, or rigorous physical activity.



**WHEN TO CONTACT ME:**

\*If you have a persistent temperature of 101.5 or greater for more than a day

\*if you have any signs of wound infection: increasing redness, swelling, pus-like drainage

\*if you have uncontrolled nausea/vomiting

\*if your fingers appear blue or cold or if they stay numb well after the block wears off

\*if you have persistent bleeding through the dressing

\*if the dressing feels too tight or painful