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POST-OP INFORMATION

1. Hand

- Generally, avoid heavy lifting or impact activities x 6-8 weeks, but varies with individual's procedure.
- Range of motion: - very specific to their condition
 - if range of motion stressed, must realize that, although uncomfortable, will make a significant difference in obtaining best function in end.
 - in many cases, therapy with specialized hand therapists, is recommended
- Once healed, massage and topical scar modalities will be recommended. These are not simply for cosmesis... a thick/contracted scar will interfere with function and can cause discomfort.
- Dressings/wound care will be suggested, to be performed by yourself or local RN/GP, depending on complexity,
- Mild Swelling and bruising are normal and may last for many weeks
- Cold sensitivity after hand surgery is common, and in most cases, resolves within months
- Fever, spreading redness, purulent discharge may signal infection and should be assessed by Dr. Ledding or your family doctor.

2. Skin Lesion

- You will be given specific instructions post-operatively, in regards to wound care, restrictions, suture removal and activities. These vary many times based on type and location of surgery. Standard practice and care is to provide these in a written fashion, by the nurse, in most cases
- Fever, spreading redness or purulent discharge may signal infection and you should be assessed by Dr. Ledding or your family doctor.