

---

## Post-Operative Instructions – Hand Procedures

These instructions apply to patients undergoing hand and wrist procedures including:

- Hand and finger fractures
- Thumb fractures
- Carpal tunnel release
- Trigger finger release
- Thumb base (CMC) arthritis surgery
- Dupuytren's contracture surgery
- Scar revision
- Nerve decompression/entrapment procedures
- Other minor hand and wrist procedures

### **After Your Surgery**

It is normal to experience:

- Mild to moderate pain or discomfort
- Swelling of the hand and fingers
- Bruising around the surgical site
- Temporary numbness if a local anaesthetic was used

These symptoms should gradually improve over the first several days.

### **Elevation**

Keep your hand elevated above the level of your heart as much as possible for the first 48–72 hours. Elevation is one of the most important ways to reduce swelling and pain.

When sitting, rest your hand on pillows. When walking, keep your hand elevated across your chest or in your sling if one has been provided.

### **Ice**

If recommended by Dr. Ledding, apply an ice pack over your dressing or splint for 15–20 minutes at a time, several times daily during the first 48 hours. Do not place ice directly on your skin or allow your dressing to become wet.

### **Dressings & Splints**



### **Ledding Plastic Surgery**

CORNWALL PROFESSIONAL BUILDING

#314, 2125 11th Ave, Regina, SK S4P 3X3

Phone: 306-780-3650 Fax: 306-780-3718

[www.leddingplasticsurgery.com](http://www.leddingplasticsurgery.com) [leddingoffice@sasktel.net](mailto:leddingoffice@sasktel.net)



- Keep your dressing, cast or splint clean and dry.
- Do not remove your dressing unless instructed to do so.
- If your dressing becomes wet, damaged, or excessively tight, contact our office.
- If you have been fitted with a removable splint, wear it exactly as instructed.

### **Finger Motion**

Unless you have been instructed otherwise, gently move your fingers several times each hour while awake.

Early finger movement helps:

- Reduce swelling
- Prevent stiffness
- Improve circulation
- Promote recovery

If movement restrictions apply to your surgery, Dr. Ledding will discuss these with you.

### **Activity Restrictions**

For approximately six weeks, unless otherwise directed:

- No heavy lifting.
- No forceful gripping or pinching.
- Avoid repetitive hand activities.
- Avoid strenuous exercise involving the operated hand.

Gradually return to normal activities as advised by Dr. Ledding.

### **Pain Medication**

Take your prescribed pain medication as directed.

If appropriate, you may also use acetaminophen (Tylenol). Follow dosing instructions carefully and do not exceed the recommended daily limit.

Avoid alcohol while taking narcotic pain medication.

### **Wound Care**

Once your dressing has been removed (if instructed):

- Keep the incision clean and dry.
- Wash gently with soap and water.
- Pat dry—do not scrub.



### **Ledding Plastic Surgery**

CORNWALL PROFESSIONAL BUILDING

#314, 2125 11th Ave, Regina, SK S4P 3X3

Phone: 306-780-3650 Fax: 306-780-3718

[www.leddingplasticsurgery.com](http://www.leddingplasticsurgery.com) [leddingoffice@sasktel.net](mailto:leddingoffice@sasktel.net)



- Do not soak your hand in baths, pools or hot tubs until the incision is completely healed.

### **Smoking**

Smoking and nicotine products significantly slow healing and increase the risk of complications. We strongly encourage avoiding all nicotine products before and after surgery.

### **Follow-Up**

Attend all scheduled follow-up appointments. Your healing, wound, splint, sutures, and recovery will be assessed, and any additional treatment such as hand therapy will be arranged if required.

### **Contact Our Office If You Experience**

Please contact our office promptly if you develop:

- Fever greater than 38°C
- Increasing redness or warmth around the incision
- Thick, yellow or foul-smelling drainage
- Bleeding that soaks through the dressing
- Severe swelling not relieved by elevation
- Pain that is worsening despite medication
- Fingers becoming blue, pale, cold, or increasingly numb
- Inability to move your fingers
- A cast or splint that becomes excessively tight, loose, or damaged

If you experience chest pain, difficulty breathing, or any medical emergency, call [911](tel:911) or proceed to your nearest Emergency Department immediately.

### **Questions**

If you have any questions or concerns regarding your recovery, please contact Dr. Kristopher Ledding's office during regular business hours. We are happy to assist you throughout your recovery.



### **Ledding Plastic Surgery**

CORNWALL PROFESSIONAL BUILDING

#314, 2125 11th Ave, Regina, SK S4P 3X3

Phone: 306-780-3650 Fax: 306-780-3718

[www.leddingplasticsurgery.com](http://www.leddingplasticsurgery.com) [leddingoffice@sasktel.net](mailto:leddingoffice@sasktel.net)