

J. David Gibeault, M. D., P.C.
3100 N. Campbell Ave., Suite 102
Tucson, AZ 85719
(520) 577-1200

INSTRUCTIONS FOR CARE OF YOUR HAND AFTER SURGERY

- 1) Your hand may swell after surgery. Keep your hand elevated to the level of your chest.
- 2) Apply an ice pack/cold pack on exposed part of the hand for 20 minutes to help control pain and/or swelling.
- 3) Your bandage must remain clean and dry to decrease the possibility of infection. Do not remove dressing unless instructed to do so.
- 4) If the dressing feels tight, remove the tape and ace bandage, then reapply the ace bandage looser. Do not remove the gauze over the incision.
- 5) Use your prescribed medication as instructed. Do not take Percocet, Lortab, Vicodin, or Tylenol 3, more than eight per day. Do not take other products containing Tylenol (acetaminophen) while on these pain medications.
- 6) If your fingers are out of your dressing, you should gently exercise them several times a day. Do not use much force on your fingers until instructed to do so.

PHONE THE OFFICE IF ANY OF THE FOLLOWING OCCUR

- If the pain medication, elevating and icing are not controlling the pain.
- If the dressing is tight and pain/swelling is not relieved by elevating and icing.
- If the dressing accidentally gets wet to the skin, it will need to be changed.
- Adverse reaction to medications such as rash, hives, itching, nausea, difficulty breathing, swelling around the face, confusion.
- Fever or any sign of infection.

**YOU MUST BE EXAMINED BY DR. GIBEAULT WITHIN A
FEW DAYS AFTER SURGERY**

BE SURE TO CALL THE OFFICE TO SCHEDULE YOUR APPOINTMENT!