

INSTRUCTIONS AFTER HAND PROCEDURE *TENDON AND FRACTURE REPAIR

24 HOURS AFTER PROCEDURE

- Keep hand elevated for 24-48 hours after surgery (a couple pillows at night) – this will help with swelling and pain.
- Do not do any activities with the hand unless instructed by your doctor or therapist.
- **Keep your bandage and splint on until your next visit**
- If you have stitches, they will be removed in 10-14 days.

PAIN CONTROL

- May use Tylenol plain or extra strength or Tylenol #3 as prescribed.
- Avoid use of Aspirin/Advil etc (anti-inflammatories) for 48 hours after surgery unless otherwise advised.

SIGNS OF INFECTION

- If your incision becomes more red, extremely painful, you develop a fever or have pus in the wound please contact the office or nearest medical facility for attention.

You will have an appointment with Dr. Fortin +/- the hand therapist on:

DATE _____ TIME _____