

## Post Operative Advice Hand/Limb Surgery

- You will return from theatre with a bandage, plaster back slab or a fibreglass cast. These remain intact, keep them dry and clean until your next visit with A/Prof Coombs.
- Swelling is normal post operatively. **Ensure the limb is elevated in a sling** or on pillows until pain and swelling are gone and there is no throbbing when your hand/foot is dependant. This minimises swelling of the operative area and assists in the healing. Keep the area elevated on pillows at night.
- Observe the fingers/toes for colour, ensuring they are pink and warm to touch. Sensations vary from person to person and you may experience tingling, numbness, small electric like shocks, all being perfectly normal in the healing period. Any unrelieved, constant pain or excessive ooze from dressing you should contact the hospital or A/Prof Coombs' office.
- When bathing or showering, to keep your bandages dry, cover the dressings with a plastic bag, securing the ends with tape.
- Any sutures will be removed in 10-14 days and the wound redressed if needed.
- Movement will be dependent on extent of dressing, where A/Prof Coombs wants to keep limbs immobilised he will splint or cast accordingly.
- You may also need to see the Hand therapist who will make any splints required. The Therapist in A/Prof Coombs' office will set an exercise program for you and oversee its progress in conjunction with A/Prof. Coombs.
- Take any medications prescribed for you as directed by A/Prof. Coombs or his anaesthetist. Take Panadol or Panadeine for pain, if these do not provide adequate relief, please notify the hospital, your anaesthetist or A/Prof Coombs' office. Elevation and rest will also assist with reducing pain.
- You should have been provided with a Post Operative appointment. Please ring the Brighton office of A/Prof Coombs on 03 **9591 0714** if you have any concerns.

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