



Dr A Anzarut, MSc, CIP, MD, FRCSC

**Plastic and Cosmetic Surgery
ASSH Fellowship trained hand surgeon**

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POST-OPERATIVE CARE FOR YOUR HAND

1. **PAIN** - this is a large surgery and there will be pain. The best ways to manage pain are elevation, ice, rest, and medications. Keep your hand elevated for the next 48 hours minimum. Think about 3 points in the world – your hand, your heart, and the floor. For the next 48 hours your hand should be the highest of those 3 points. It is essential to ice the area. Ice the area for 15 minutes 'on' and 10 minutes 'off' for the first 48 hours while awake. This can be done with ice packs or a bag of frozen vegetables.
2. **COMPARTMENT SYNDROME** - is a possible complication and it occurs when swelling causes the dressings to be too tight. It is a very serious complication and must be addressed immediately to avoid any permanent damage to the hand. If you feel extreme pain that is not settling with your medication the dressing may be too tight. You should first try to elevate the hand for 15 minutes. If this does not resolve the pain loosen the dressings. Take the dressings off completely and re-wrap the area loosely. If the pain still is not control call the office, Dr Anzarut, or go to the nearest emergency room. Compartment syndrome cannot be left until the next day.
3. **INFECTION** - is a risk and we must be vigilant to prevent and treat this if it occurs. You will be prescribed antibiotics. Take these medications. Do not get the wrist dirty or wet. If you think you are developing an infection call the office or Dr Anzarut. Signs of infection include redness, swelling, pain, and foul drainage from the wound.
4. **CONTACT** - If you have concerns or questions contact the office at 250-597-2064. If you are unable to get through to the office and you have an urgent concern you can call Dr Anzarut on his cell phone at 250-510-4668 or go to the nearest emergency department.