

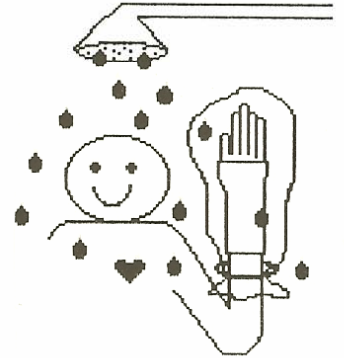
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**HOME CARE FOLLOWING SURGERY**

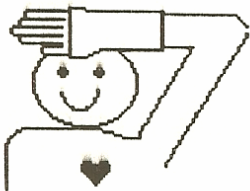
Keep the operated part elevated above the level of your heart to minimize swelling and maximize comfort. You may discontinue elevation in several days when lowering your hand no longer causes throbbing in the surgical area.



Keep the bandage clean and dry. An old sock with the toe cut out works well as a bandage cover. The cover can be removed and laundered as needed. Bathe by placing bandaged area inside a plastic bag that is secured with a rubber band.

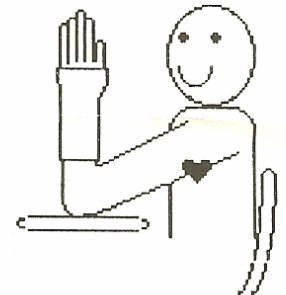


Use all the fingers that are exposed for light activities such as eating, dressing, and holding reading material.



Watch for changes in color, temperature and sensation in the fingers. Get medical attention for

- increasing coldness
- increasing numbness
- marked worsening of pain
- swelling in the fingers or sensation of tight bandage not relieved by elevation
- blue fingertips (Some bluish discoloration where the fingers joint the palm is normal bruising and is not of concern.)

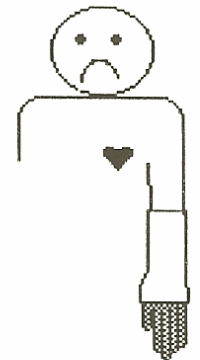


See illustrated instructions for loosening a tight bandage at [www.drmeals.com](http://www.drmeals.com)

Make sure your stomach is ready for solid food by starting with water, Jello, or tea and then progress to light foods such as crackers and fruit.



Try not to take pain pills on an empty stomach. To reduce the risk of having the pain medication upset your stomach, break the first pain pill into pieces and take the pieces with sips of water over 10-15 minutes.



Call the office to make a follow-up appointment for approximately \_\_\_\_\_ days after your surgery.

