**Tim Heath**

**Eastern Suburbs Sports Medicine Centre**

First Floor Easts Tower

9-13 Bronte Road

Bondi Junction NSW 2022

**All enquiries:**

Suite 303, Level 3

 13a Montgomery St

 Kogarah NSW 2217

 T: 9553 9969 F: 95539979

**Minor Operation Post Operative Instructions**

**Pain relief**

Local anaesthetic is usually given during your surgery and this can last up to 1-2 days after your operation. If your hand feels numb when you wake up the next day, local anaesthetic is the most common reason. After the local anaesthetic wears off, mild to moderate pain can be expected for about two days. I may give you a prescription for analgesics. If not, take Panadol or Panadeine for any minor discomfort. Unless we have discussed otherwise, avoid using aspirin for pain relief.

**Elevation and Movement**

Elevation of the hand is very important and will also help reduce discomfort. Move your fingers and thumb frequently and through a full range of motion; as much as the dressings allow (don’t do exercises which involves squeezing objects heavily). At night, sleep with your arm propped up on a pillow next to you.

**Dressings**

Unless otherwise instructed, please keep your dressings intact and dry for 5 days. Wash exposed fingers with a face washer or baby wipes as needed. When showering, put a plastic bag over the dressing and secure it with tape (men might find it more comfortable if they shave their hair where the tape is to be applied). After 5 days you can remove all the dressings at home, and gently wash the wound in the shower, dry with a clean towel, and then place Band-Aids over the stitches (ordinary small Band-Aids are fine, they don’t need to be water tight, and it’s OK if the adhesive goes over some of the stitches). Change these Band-Aids daily at the time of showering. Do not wet your hand except in the shower until I see you to check the wound. I will instruct you further about caring for wounds when you attend for your first post operative review with me.

**Appointment**

If you do not already have an appointment to see me post operatively, please call my rooms to book one. At this visit I will change your dressing and remove any stitches as required.

**Emergency Contact Details**

Please call my rooms if you are feeling unwell or having any concerns. After hours I can be contacted through my SMS text message service on 0487990102 (you cannot voice call this service). If for any reason you cannot get through please contact me via Sydney Hospital switchboard on 9382 7111. If you are still concerned, please attend your local doctor or Emergency Department.