



Plastic & Reconstructive
Surgery Melbourne



Lymphoedema and Lipoedema
Surgery Australia

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Post-operative Care Following Hand Surgery

- Your fingers will be numb immediately after the operation due to the numbing agents injected during the surgery. This may wear off anywhere between 6 to 12 hours after your surgery.
- While you do not feel pain during that time, it is vital you keep your hand elevated above your elbow level. You may do this by placing it on 2 pillows at night and/or putting it on your chest above your heart level. Do this for at least the first 3 days (72 hours) after your surgery.
- Keeping your hand elevated will reduce the swelling which usually causes most of the pain. Hanging your hand down will exacerbate pain.
- The rest of the pain can be managed by the simple pain killers prescribed or obtained from the pharmacy (such as Paracetamol or non-steroidal anti-inflammatory (NSAID) e.g., Ibuprofen). Take them as soon as you feel the pain sensation returns, and do NOT wait until the pain has peaked. Taking paracetamol and NSAID's together can have synergistic pain relief effect.
- For comfort during sleep, it is advisable you take pain killers just before you go to bed.
- Please keep the dressings dry and intact until you see the practice nurse or your GP (usually between 10 to 14 days after the surgery) for review or wound check. You can shower using a plastic bag wrapped around the dressings.
- For the fingers not wrapped up in bandage, it is encouraged that you move them in full range to prevent stiffness. However, do not use them for heavy duties.

What you need to do following your surgery:

- You will need hand therapy after the operation. Your surgeon will have provided information regarding the hand therapist you are to see and when you are to see them before you are discharged. It is essential that you undertake hand therapy as instructed in order to achieve the desired outcome postoperatively. Contact details below:
 - Action Rehab - 1300 762 227
 - Diana Francis Hand Therapy - 8547 1195
- You will also need to see your surgeon and/or our practice nurse for follow up appointments. Appointment requirements will be provided to you on discharge. You will need to contact our rooms to make an appointment according to instructions provided.
- If requested, please see your GP for wound check 1 week following surgery.

Main Rooms and all correspondence to: 12 Mitcham Road Donvale 3111
Also consulting at: Gippsland Specialist Centre 22-26 Princes Way Drouin 3818
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