

Postop Aftercare Advice:

- Sleep with the hand outstretched on a pillow for 2-3 nights.
- Keep arm elevated to reduce swelling for 3-4 days.
- The local anaesthetic can take up to 8 hours to wear off so hand may still feel bit tingly for this time.
- On Day 1 after surgery start to do the finger mobility exercises as demonstrated to you by your surgeon.
- Leave the outer dressings on for 2-3 days and try to keep dry. After this the thicker bandage can be removed, but leave skin dressings in place.
- A wound check will take place 4-6 days after surgery.
- Your sutures will be removed between days 10-14 after surgery.
- Avoid putting pressure on the wound during the healing phase (first 2 weeks) however light use of the operated hand for everyday activities such as dressing, cooking etc. is encouraged.
- Take oral pain medication as instructed by your surgeon.
- You may experience some discomfort in the days following your surgery however on any increasing pain, redness, swelling, temperatures please contact the clinic on 0207 386 0464.
- Once the sutures have been removed care for your scar by massaging and moisturising it daily.
- Heavy lifting and sports that involve the hand should be avoided for 4 weeks post surgery.
- Depending on your job you can normal return to work after 1-2 weeks.

Should you have any concerns following your treatment, please email us during office hours at info@cosmedics.co.uk or call 0207 386 0464.

FOR EMERGENCIES CALL : 07872 363434