

Dr Desmond J Soares

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ORTHOPAEDIC SURGEON
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INSTRUCTIONS FOR PATIENTS FOLLOWING HAND SURGERY

Dr. Soares will usually have put local anaesthetic around your wound. This should control your pain for between 8-10 hours after the operation. It will make your fingers numb for the same period.

Please take some PAIN KILLERS (usually 2 Panadeine forte for an adult) about 6 hours after your operation. Panadeine forte can make you constipated and cause nausea. If this is a problem please take some Coloxyl. You may need to take 2 tablets every six hours for the first 2-3 days. After the first 3 days, cut back to 2 Panadeine or Panadol every six hours if needed. These can be purchased over the counter.

Please **ELEVATE** your hand. The easiest way to do this is to place a pillow across your chest and rest your arm on it, making sure your **HAND** is **HIGHER** than your elbow, or it will swell and throb. Wear your sling when walking around, or in the car, again making sure the sling is tied so that your hand does not rest lower than your elbow.

MOVE your uninjured fingers if you are able to, as this will also help reduce the swelling. Swelling is the cause of the throbbing pain you may experience. You will find **ELEVATION** is very effective in relieving it.

If your pain is not settling please go to the Emergency Department of Greenslopes Hospital. You will be checked by a doctor there who will then contact Dr. Soares if necessary.

Please take any antibiotics prescribed until you have completed the course.

Please leave your dressings intact until seen by the Hand Therapists or Dr. Soares. This will reduce the risk of developing a wound infection. Please keep your dressings or plaster dry.

FOLLOW-UP APPOINTMENT: Your follow-up appointment will be at

**[X] Suite 24, Level 2, PLAZA CHAMBERS, 15 DENNIS ROAD,
SPRINGWOOD Ph: 32085552**

Please telephone once you get home, and make an appointment, so you can see Dr Soares 2 WEEKS after your operation. Please bring any X-rays you might have with you.

[X] HAND THERAPY:

Please contact **HANDS On Hand therapy on 38436605** and make an appointment for your post-operative hand therapy. You should see them within a week of your surgery. Please give them this referral.

PLEASE GIVE TO PATIENT TO TAKE WITH THEM