

## Dr. Sid Karanth

MBBS, MS, MCh, FRACS (Plas Surg)  
Plastic and Reconstructive Surgeon  
Hand and Wrist Surgeon  
www.sidkaranth.com



## HOBART INSTITUTE OF PLASTIC SURGERY

22 Liverpool Street Hobart TAS 7000  
T- +61 3 6214 3585  
F- +61 3 6214 3586  
W- www.hobartplasticurgery.com

### **Advice following your hand or wrist surgery- early post-operative care**

#### **Elevation of hand**

Keep the hand elevated as much as possible, above the level of the heart in any position

- In a sling when standing and walking
- When sitting, keep elevated over cushions or in the sling
- When lying down keep elevated on a couple of pillows- above the level of the heart

#### **Dressing**

- Leave dressing intact until you see the physiotherapist or Dr. Karanth.
- If the bandages or the plaster gets loose, fasten them with bandages from the pharmacist.
- It might be a good idea to keep a spare one with you. Ensure the bandaging is not too tight. Call the rooms for advice.
- If the dressing on a wound comes loose or off, replace it immediately with another sterile dressing and contact my rooms or the physiotherapist.
- If you feel the bandages are too tight and causing a lot of pain, it may help to loosen the bandages without disturbing the inside dressing and re-apply the bandages less tightly but securely.

#### **Pain**

- Pain is the most problematic in the first 3-4 days.
- Take your pain medications regularly.
- Do not wait for the pain to set in, as it is harder to control.
- Ensure you have taken pain medication especially at night
- If the pain is persistent despite taking medication, contact Dr. Karanth's rooms during regular hours or the Emergency Departments of the Hobart Private Hospital, Calvary Hospital or Royal Hobart Hospital during after hours.

#### **Moving unaffected joints- to prevent stiffness**

- Move shoulder and elbow about once or twice an hour if in a sling.
- Move the fingers or thumb that is not included in the plaster or splint or as advised by Dr. Karanth or the physiotherapist.

#### **Shower**

- Cover the operated site with a plastic bag or Cling wrap when taking a shower
- Do not soak your hand in a bath even if it covered in a plastic bag or Cling wrap
- Should the dressing or plaster gets wet you could dry it with a hair dryer on a low setting and contact the rooms or the physiotherapist.

#### **Use of hands**

- You may use your hand for light activities such as brushing your teeth, dressing etc. or as advised. This is done only with fingers not included in the plaster or splint.
- You may go for easy walks, but not engage in vigorous exercises or contact sports until cleared by Dr. Karanth.

#### **Other medications**

- Please take your usual medications, unless advised otherwise
- Please take your antibiotics if advised to do so

#### **Hand Physiotherapy appointment**

- Please contact the Hand physiotherapist to confirm the appointment
- The number is available in the form I have given you
- It is absolutely essential that you follow up with the hand physiotherapist regularly

#### **Follow up**

- Follow up appointment is given at the time of booking for surgery.
- In those who have had emergency operations, please contact Dr. Karanth's rooms for your appointment.
- If in doubt please contact Dr. Karanth's rooms.

If you have any queries or concerns after your operation **please call 03 6214 3585** during regular hours (8AM to 5PM Mon–Thu and 8AM to 12 noon on Fridays) or the Emergency Departments of the Hobart Private Hospital, Calvary Hospital or Royal Hobart Hospital at other times.