



820 S. Akers, Suite 220 Visalia, CA 93277
Office Number: 559-733-3346

Hand Surgery Post-op Instructions:

Wound Care/Bathing:

- You may shower the day of surgery, and the following two days, with your bandage on, as long as the bandage stays clean and dry.
- **Three days after surgery, you must remove the bulky bandage** (except the steri-strips on the skin). You may get your hand wet, and wash lightly with soap and water.
- **NO SOAKING IN A POOL OR TUB FOR THREE WEEKS OR UNTIL CLEARED BY DR. CRINER.**

Pain Control:

- Pain medication will be called into your pharmacy of choice, the day of your pre-op.
- Please pick up your medication from the pharmacy, and take as prescribed after surgery.
- Take an over-the-counter anti-inflammatory: Advil, Aleve, Ibuprofen, etc., for the first two weeks after surgery, to help with swelling, inflammation, and pain.
- Elevate your hand above your heart as much as possible, and ice the hand 3-4 times per day, for 20-minute intervals, to minimize swelling and pain.
- We CAN NOT prescribe anything stronger than what you are prescribed initially.

*Keep in mind surgery recovery is uncomfortable and it is common to be in pain during your recovery. Please see the recommendations above to help with pain relief. *

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Activity:

- You may use your hand for basic activities, like writing, as your pain tolerates.
- Unless you had surgery on your finger, try to move your fingers frequently, especially unaffected fingers. You should have normal finger motion by your first post-op appointment.
- Do not do any heavy lifting or grabbing at least until your first post-op appointment.
- Do not return to work until instructed to do so, safely.

- It is safest not to drive until your first post-op appointment.

Physical Therapy/Occupational Therapy:

- Physical/occupational therapy will be discussed at your first post-op appointment.
- If you are given a prescription, please call and set up your first therapy appointment after leaving the office.

Follow up appointments:

- Your first post-op appointment will be scheduled at your pre-op visit, but if not, please call 559-733-3346 and speak to Charlotte.

Questions:

- Call 559-733-3346 and ask for Dr. Criner's staff during normal business hours.

Emergencies:

- **If you have emergent questions or concerns that cannot wait until the day, you may dial 559-733-3346; you will get the orthopedic surgeon who is on-call. If it is not Dr. Criner, the surgeon that answers your call will not know who you are, so please be sure to clarify that you are one of Dr. Criner's patients, the surgery that you had, and the date that you had surgery.**
- **It is our office policy not to prescribe medications over the phone. If you need any medication during the night or weekend, you will have to go to the emergency room.**