

## In Case of Emergency

Dr Tony Moore can be contacted at any time on 08 70894486 to discuss your concerns. If you have a life threatening emergency please call 000.



## Your Next Appointment

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Location: \_\_\_\_\_

### Dr Tony Moore

Stirling Hospital,  
20 Milan Terrace  
Stirling, SA, 5152

Phone: 08 7089 4486  
Fax: 08 7089 4487  
E-mail: [admin@drtonymoore.com.au](mailto:admin@drtonymoore.com.au)  
[www.drtonymoore.com.au](http://www.drtonymoore.com.au)

## Discharge Instructions Hand Surgery

**Dr Tony Moore**  
**MBBS, FRACS**

*Safe Hands*

## General Information

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### Bleeding

It is normal for the sutures to ooze for 24–48 hours. If the area bleeds:

- Sit or lie down and elevate your treated limb on pillows.
- In the first 24 hours, it is not uncommon for dressings to be stained by bleeding. If the dressings, however, should become soaked with blood please contact us immediately.
- Apply firm pressure for 20–25 minutes.
- If bleeding does not stop please call us on 08 7089 4486

### Pain or discomfort

After your surgery this is normal. Please take your pain medications as prescribed. Do not drive while you are taking prescription pain relievers or sedatives. Aspirin or NSAID's based medicine should not be taken before or surgery as this can increase the tendency for you to bleed. Please check with us or your Pharmacist if you are unsure.

### Recovery Post-Op

Avoid strenuous activity, lifting and manual tasks in the initial post-operative period. Sleep with the treated hand elevated on a pillow for several days to help reduce swelling. You may shower two day post-operatively avoiding immersion of the area treated .

## Hand Injury/Nerve Injury/ Decompression/Carpal Tunnel/ Ganglion/Duputren's Contracture/Dequervains Tenosynovitis/Skin Cancer

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Some swelling and bruising over the finger and hand area is normal. The degree of this varies with each person. Sometimes the swelling can cause some temporary changes to the symmetry of the hand. Swelling and bruising will often resolve in the first couple of weeks but in some cases may persist for 3–4 weeks. You may be required to wear a splint or compression bandage to assist with swelling reduction. Feelings of tightness in your fingers/ hand/wrist area, and discomfort are all normal in the initial post-operative period. There may be loss of sensation over in the treated hand/fingers, which may take weeks to months to return.

Most people can return to work 2–3 weeks after surgery. Strenuous activity and exercise should be avoided for the first month. Gentle walking is fine after the first few days. You may need to keep your arm elevated in a sling for some time post operatively.

Some sutures are removed at approximately 5–10 days after surgery. The remaining sutures and/or staples are removed on day 10 approximately.

## Scar Management

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All surgery results in scarring. To help you to achieve the best results, there are a number of options available to you once healing has occurred.