Minor Hand or Foot Surgery

You have had an operation for a minor hand or foot problem. These instructions will help you recover in the fastest and most comfortable manner.

HOME CARE INSTRUCTIONS

- Ice packs applied to the wound may help lessen swelling and soreness. Use a towel between the ice pack and your skin to protect it.
- Keep the operative site raised *(elevated*). This will lessen pain and swelling and help healing.
- Resume activities as suggested by your caregiver or as tolerated. Avoid all activity which may damage the operative site. Physical therapy may be necessary in the future.
- Follow instructions for pain medicine as recommended by your caregiver.
- Keep the operative site clean.

SEEK IMMEDIATE MEDICAL CARE IF:

- You develop increased pain not controlled with medications.
- You develop swelling, redness, drainage, or bleeding in the wound site.
- You develop signs of infection including muscle aches, chills, fever, or a general ill feeling.
- An oral temperature above 102° F (38.9° C) develops, or as your caregiver suggests.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

Document Released: 04/07/2004 Document Re-Released: 03/16/2010
ExitCare® Patient Information ©2011 ExitCare, LLC.