



Dr Sanjay Azad
Revere Esthetique

POSTOP HAND SURGERY INFORMATION

Carpal Tunnel/Trigger Finger/Ganglion/De Quervain's

-**Elevate** operative hand, keep it above the level of the heart.

-Take **medications** as prescribed-these are a combination of painkillers. Please take them regularly for the first 48-72hrs and then as required.

-**Dressings** are bulky to protect your hand. Keep them dry. If your therapy is imminent in the next 2-3days, please leave the dressing intact, as it can be changed by the therapist. If there is a longer period to get to therapy, you may want to change the dressing yourself, by what is provided to you. Showers can be done with a plastic bag or plastic wrap around your hand.

-**Stitches** are all dissolving, unless mentioned otherwise. They do not need to be removed as will come out by themselves in 2-3wks time.

-**Therapy** with physiotherapy (controlled mobilization of hand) and occupational therapy (splintage) should start ideally within 3-5days of the operation. Please ensure that this is setup, if not already, to avoid delay. The patient is responsible for setting up this appointment. Early therapy gives the best outcomes. A brace would be initially useful for about 4wks, to protect the hand.

-**Contact** details: Dr Sanjay Azad office—807-345-5455.
Please ensure follow-up for 2-3wks after surgery, if not already set up.

-**Time off work** should be respected to avoid complications. This has been discussed with you in the office by Dr Sanjay Azad. Forms should be brought to the office.

Dupuytren's Disease

-The same applies in terms of **Elevation/Medication/Stitches/Therapy/Contact details and Time of work** as mentioned above.

Dressings for Dupuytren's are done with a half cast unless there is a special reason. This dressing **cannot** be changed by yourselves/family but will need to be typically changed by a therapist or nurse. Once the dressing is changed, the hand is put into a





Dr Sanjay Azad
Revere Esthetique

protective splint, which is used day and night for 4wks, followed by night splintage for 3-6months.

Hand Fractures/Tendon Injuries/Nerve injuries/Any hand injury

-All aspect **Elevation/Medication/Stitches/Therapy/Contact details and Time of work** as above, except **Dressings**--changed by a therapist or nurse, wound care is carried out and splint applied depending on nature of injury is then done.

