

**Surgery Center of Pinehurst**  
Dr. James Marino  
Hand Surgery home instructions

**Rest/Elevation**

The post-operative period is a time to rest and let your body begin the healing process. Try to keep the operative site elevated above the level of your heart. This will help with swelling which will help with pain.

**Surgical dressing**

Your hand will have a dressing with either an ACE wrap or a Coban wrap after surgery. This dressing is designed to remain in place until your follow up appointment. Keep the dressing clean and dry.

**Activity/therapy**

Avoid using your hand for heavy or strenuous activities. Light activities are okay if not painful.

Physical or occupational therapy may be needed. We will make that determination at your first post-operative visit.

You may begin driving once off all pain medicine if you feel comfortable driving with limited use of one hand

**Ice**

You may use ice in the post-operative period (optional). This can be helpful for reducing pain and limiting inflammation in the first 24-48 hours after surgery. Use for 20 minutes per hour as needed. Be careful to not have direct contact with the skin and while your hand or fingers are still numb from the nerve block.

**Medication**

With surgery, some degree of pain is expected, especially for the first few days after surgery. For this reason you have been prescribed pain medication. Please take this as directed.

**Follow up**

You will be seen in the office in approximately 1.5 weeks for suture remove and to discuss the surgical results and future plan. If you have any questions or concerns that need to be addressed prior to that time, please contact the office @ 910-235-2915.

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James Marino, MD