

After Hand Surgery

Cast

- The cast will be on for about 1 week.
- Keep the cast dry.
- Cover the cast with a plastic bag when you are in the shower.

Sling

- Your arm will be in a sling for 3 days.
- Take your arm out of the sling 3 to 4 times a day to exercise your elbow and shoulder.
- When you put your arm back in the sling, make sure your hand is above the level of your heart to help control swelling.

Resting and Sleeping

- Try to rest and sleep on your back. Put 2 pillows at the side of your operated hand.
- Rest your arm on the pillows to keep it above the level of your heart.

Pain Control

- Take the pain medication prescribed by Dr. Thoma if you need it.

Follow-up Visit with Dr. Thoma

- Dr. Thoma's office has given you a follow-up appointment.
- Please bring the wrist brace or wristlet that you wore before surgery to this visit.