

# *Dr. Desmond J. Soares*

MB.BS. F.R.A.C.S

**ORTHOPAEDIC SURGEON**  
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## **INSTRUCTIONS FOR PATIENTS FOLLOWING HAND SURGERY**

Dr. Soares will usually have put local anaesthetic around your wound. This should control your pain for between 8-10 hours after the operation. It will make your fingers numb for the same period.

Please take some PAIN KILLERS (usually 2 Panadeine forte for an adult) about 6 hours after your operation. You may need to take 2 tablets every six hours for the first day. After the first day, cut back to 2 Panadeine or Panadol every six hours if needed. These can be purchased over the counter.

Please **ELEVATE** your hand. The easiest way to do this is to place a pillow across your chest and rest your arm on it, making sure your **HAND** is **HIGHER** than your elbow, or it will swell and throb. Wear your sling when walking around, or in the car, again making sure the sling is tied so that your hand does not rest lower than your elbow.

**MOVE** your uninjured fingers if you are able to, as this will also help reduce the swelling. Swelling is the cause of the throbbing pain you may experience. You will find **ELEVATION** is very effective in relieving it.

If your pain is not settling please go to the Emergency Department of Greenslopes Hospital or your closest public hospital. You will be checked by a doctor there who will then contact Dr. Soares if necessary.

Please take any antibiotics if prescribed until you have completed the course.  
Please leave your dressings intact until seen by the Hand Therapists or Dr. Soares. This will reduce the risk of developing a wound infection. Please keep your dressings or plaster dry.

**FOLLOW-UP APPOINTMENT:** Your follow-up appointment will be at

[ ] **SHOP 10, SPRINGWOOD PLAZA, 3-15 DENNIS ROAD, SPRINGWOOD Ph: 32085552**  
Please telephone once you get home, and make an appointment, so you can see Dr Soares 2 WEEKS after your operation. Please bring any X-rays you might have with you.

[ ] **HAND THERAPY:**

Please contact **Advance Therapy Solutions 3849 2114** and make an appointment for your post-operative hand therapy. You should see them within a week of your surgery. Please give them this referral.

**PLEASE GIVE TO PATIENT**