

## **Post-operative Instructions: Finger Foreign Body**

### **Dressing:**

Please keep your dressing clean and dry for 3 days. On the 4<sup>th</sup> day after surgery, you should take your dressing off. You may then wash your hands and get your operative hand wet in the shower, but please do not scrub the wound. No soaking please (ie- no bath tubs, no doing dishes, no swimming). Once you are done washing your hands or showering, please pat the wound dry and place a band-aid over the wound. You may put an ice pack over your operative site to help reduce pain and swelling.

### **Activity:**

No lifting or weight bearing on your operative finger. Please move your fingers gently to avoid stiffness by opening and closing your hand a few times a day. You may perform light activity with your operative hand that does **NOT** cause pain, such as typing or using an iPad, but please do not use the involved finger for these activities. Avoid activities that cause pain.

### **Pain control:**

You will be given a prescription for narcotic pain medication. Please use the narcotic medication as sparingly as possible to avoid trouble with side effects (nausea, constipation, dizziness, addiction). As your pain decreases, please wean yourself off of the narcotics as soon as possible by substituting over the counter medications instead (ie- Advil, Motrin, Tylenol, or Aleve). For constipation, you can take 300 mg of colace a day (colace is an over the counter stool softener).

### **Follow up:**

Please make an appointment for 10-14 days after surgery. You should call the office to schedule this appointment.

### **Return to work/school:**

You may return to light activity at work/school once you no longer need narcotic pain medication. No gym class at school.

For questions, please call the office: 301-657-9876