

Post-operative Instructions

Procedure: Hand Mass Excision

Dressing:

Please keep your dressing clean, dry, and intact until you follow up. It should be covered with a plastic bag and kept dry and out of the water while bathing. If it falls off before your appointment, please cover your incision with a band-aid.

Activity:

No lifting or weight bearing on your operative hand. Please move your fingers to avoid stiffness by opening and closing your hand several times a day. You may perform light activity with your operative hand as tolerated, such as typing or using an iPad, but please **do not perform activities that cause pain or require heavy gripping.**

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