

Post-operative Instructions: Foreign Body Excision

Dressing:

Please keep your dressing clean and dry for 3 days. On the 4th day after surgery, you may take your dressing off and wash your hands. Please do not scrub your wound, but you may get your operative hand wet in the shower. 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:

The more you rest in the first few days after surgery, the less bleeding, swelling, scar tissue, and pain you will have. After the first few days of rest, gentle activity with your hand that does not cause pain is allowed. No heavy lifting please until your wound is healed (about 10 days). 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 perform activities that cause impact to your incision site.

Pain control:

For minor soft tissue procedures, most patients have excellent pain control with over the counter pain medications (ie- Advil, Motrin, Aleve, Tylenol). You will be given instructions on how to take these medications to maximize your pain control. If you have pain despite the advised regimen of over the counter medications, you are doing too much and need to rest, ice, and elevate.

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