

Postoperative Discharge Instructions for Hand Surgery

Diet/Nausea

Follow the guidelines as outlined in the [general anesthesia handout](#).

Pain Management

Keep your child's hand elevated above the level of their heart as much as possible during the first 48 hours, and whenever resting thereafter. If you or your child feel throbbing in the hand or arm, elevate it above heart level for 20-30 minutes. This reduces the swelling that may cause pain. Pain medicine will also be prescribed to make your child more comfortable.

Site Care

Keep the incision and/ or cast dry. Look at the dressing for any bleeding or drainage, but do not change the dressings. Keep the cast or dressing dry. Itching is normal. Do not place any objects inside of the cast.

Activity

If an arm sling is used, be sure your child moves his /her shoulder around to prevent stiffness. Other restrictions include:

Urinary

If your child is unable to urinate for a period of 6-8 hours, contact the hospital as instructed below.

Questions or Problems

Contact Telehealth Nursing at 651-229-3890 if you see any of the following:

- Fever over 101.5 F
- Throat irritation
- Severe pain

[Make An Appointment](#) [651-290-8707](#)

This information is for educational purposes only. It is not intended to replace the advice of your health care providers. If you have any questions, talk with your doctor or others on your health care team.

If you are a Gillette patient with urgent questions or concerns, please contact Telehealth Nursing at [651-229-3890](#).