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St. Paul, MN 55101  
651-291-2848  
800-719-4040 (toll-free)  
651-299-3928 (TDD)  
www.gillettechildrens.org

### Contact Us

**Urgent Questions  
or Concerns**  
Telehealth Nursing  
651-229-3890

**Other Questions  
About Your Care**  
St. Paul Clinic patients:  
Nurse Call Line  
651-578-5000

Patients at Other Locations:  
Contact a member of your  
Gillette health care team.

**Appointments**  
651-290-8707

### Books, DVDs and More

Find materials about  
disabilities, medical conditions  
and support for caregivers.

### Health Resources and Education

St. Paul campus, near  
fourth-floor skyway

**651-229-3938**  
hre@gillettechildrens.com

# Postoperative Discharge Instructions for Hand Surgery

patient education  
DIS027

## 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:

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## 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