



POST OPERATIVE CHECKLIST AND INSTRUCTIONS

Dr. Jai Sungaran
Hand, Wrist & Microsurgery

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On discharge from hospital please check that you have been given the following ticked items:

- Pain relief script
- Antibiotics
- Hand therapy referral
- Post operative instruction sheet

Your follow up visit will first be with the Hand Therapist

and then you will see Dr. Sungaran at

Please make sure you call for an appointment time that suits you.

POST OPERATIVE INSTRUCTIONS

1. Your hand and arm should be elevated above the level of your heart. This will do more than any medication to decrease your pain and swelling.
2. Keep your dressings dry. Apply a large plastic bag when bathing.
3. Never remove your post-operative bandage unless instructed to do so.
4. If you have any new numbness in your fingers, fingertips turning white or blue, or see new bright red bleeding coming through the dressing, call my office IMMEDIATELY. If you require urgent review, please contact my Registrar at Concord Hospital via the switch board on **(02) 97675000**. If any of your usual medical problems flare up after surgery, call the doctor who normally takes care of those problems for you.
5. Move any joints that are not immobilised through a full range of motion.
6. You should not participate in sports or work until your post operative review with me. We can then decide on a plan together.
7. The area operated on will become swollen and discoloured with bruising (that is normal). Please apply ice to the affected area directly over the bandage, not onto your skin.
8. If you have excessive bleeding, drainage, pain, redness, or fever please contact my office.
9. Pain medication will sometimes make you drowsy, dizzy, nauseated and/or constipated. You need to avoid driving, working, operating machinery or making major decisions while under the influence of these medications. If the pain medicine does not seem to be helping and you have pain that is out of control, please contact me.
10. The anaesthesia that you had during surgery not only puts you and your extremities to sleep, it also puts your belly to sleep. Please eat liquids and light foods initially until you can tolerate a regular diet. You may resume your normal diet when you can tolerate it.
11. Never smoke after surgery. Smoking will impair your ability to heal surgical wounds and broken bones.
12. Do not consume alcohol while taking pain medication.
13. After having had surgery, no pain medication is capable of taking away ALL the pain. But taking the pills on a regular basis without missing any doses will give you the best chance of having less pain.
14. Your first follow up visit with Dr. Sungaran should be in approximately 10-14 days. Call the office if you are unsure about your appointment. It is possible you will be seen by a Hand Therapist before you see me. This is usually arranged prior to surgery.