

**EAST BAY HAND & PLASTIC SURGERY CENTER**  
**PRASAD G. KILARU, M.D.**  
**PLASTIC, RECONSTRUCTIVE, COSMETIC AND HAND SURGERY**

CERTIFIED BY THE AMERICAN BOARD OF PLASTIC SURGERY

39141 Civic Center Drive, Suite 110, Fremont CA 94538  
(510) 791-9700 FAX (510) 791-9703

**HAND POSTOPERATIVE INSTRUCTIONS**

1. You have a dressing and possibly a splint in place. This needs to be kept clean and dry until you return to the office. Please do not take off the splint or the dressing until you return to see me. If you are having any problems with the splint or the dressing such as it being too tight or getting wet, please give me a call at (510) 791-9700 prior to removing the dressing. If you need to take a shower, please use a plastic bag or a garbage bag around the area to keep it dry prior to showering.
2. Whenever there is an injury or surgery to the hand, there is swelling in the hand, the swelling causes increased pain over the injured area. The most important thing to keep pain under control is to keep the hand elevated. Ideally, the hand should be elevated above the level of the heart. During the daytime, you should walk with the hand elevated like you are asking a question. At night, you should have several pillows around the hand to keep the hand elevated.
3. You can also use ice compression. Take the ice in a plastic bag or a Ziploc bag. Wrap it with a towel or a pillow cover. You can apply this over the area of injury directly for 20 to 30 minutes at a time. Do not put the ice directly on the skin and do not put it more than 20 or 30 minutes at a time. Do not remove the dressing to apply the ice.
4. You will also be given a prescription for antibiotics. It is usually Keflex 500 mg. This should be taken 4 times a day. Breakfast, lunch, dinner and before you go to bed. You will also be given a prescription for pain medication. You can take the pain pills, 1 or 2 pills every 4 hours, as you need them for pain. If you do not keep the hand elevated or use ice compresses, you will have pain and the pain medication will not help in reducing the pain. If the pain is persistent despite the pain medication, you may take Motrin to help relieve some of the inflammation. You can take the Motrin up to 3 times a day. Make sure you take it with food; otherwise, it will upset your stomach.
5. You should follow up in my office in 1 week. Please call my office at (510) 791-9700 and make an appointment. I see patients on Monday afternoons and Wednesday and Thursday mornings. Please make the appointment as soon as possible, as delays may cause the schedule to be full in which case you may not be able to be seen in a timely fashion.
6. You will be off work for at least 1 week after surgery. Upon your return to my office if an extension for work is required, I will fill out the necessary paperwork out at that time. If you have any other questions regarding the injury or surgery, please see free to call my office at (510) 791-9700.