

Recovery from Hand and Arm Surgery

Worried about something?

Call Dr. David Ring on his cell phone: **1-617-792-9848**

Movers Heal Quicker

- Anything that can move, should move.
- Use your hand as normally as possible.
- Get back to your routine.
- Avoid forceful activity.

Your Dressing and Your Wound:

____ Remove dressing in 1-2 days. OK to get wound wet in shower. No ointment. No need to cover. Don't soak in bathtub, pool, or any body of water for a week

____ Keep in place until next visit. Cover with bag to shower.

Pain alleviation:

____ Take an over the counter medication. One or both of the following if safe for you.

Ibuprofen 600mg every 6 hours. Acetaminophen 1000mg every 6 hours or both.

____ A prescription for a stronger medication was sent electronically to your pharmacy.

Home Medication

- You may resume all the medications you were taking prior to your surgery unless specified by your physician.

Next Steps:

- Dr. Ring will call you tomorrow to check on you.
- His office will also call to make an appointment to remove the sutures.

Additional Instructions:

Patient | Patient's Representative Signature: _____ Date _____ Time _____

Pre-Operative Nurse Signature: _____ Date _____ Time _____

Post-Operative Nurse Signature: _____ Date _____ Time _____