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 _____________