

Mathias Masem, M.D.
Surgery of the Hand, Wrist, Shoulder and Elbow
Microsurgery
Diplomate, American Board of Orthopedic Surgery
Certificate of Additional Qualification in Surgery of the Hand

**80 Grand Ave., Suite 600
Oakland, CA 94609
(510) 763-0884**

POST OPERATIVE INSTRUCTIONS

1. After surgery you will wake up with either a heavy dressing or a soft splint. Please do not remove the dressing or splint. We will change it at your first post-operative appointment three to five days after surgery.
2. Please call the office at (510) 763-0884 if your splint feels too tight or if you notice a sudden increase in pain, your fingers become cold or have abnormal color.
3. If you require a dressing or splint change for some reason, please call the office for a good time to come in for the dressing change. An appointment is not necessary, but you can avoid a long wait if you call first.
4. You should cover your dressing, splint or cast with a plastic bag when you shower. A bread or newspaper bag secured with a rubber band should fit well. If it accidentally becomes wet, you can shoot the damp area with a blow dryer or see us if necessary.
5. For the first few days, elevate your hand above the heart level (statue of liberty) to reduce swelling. If your fingertips are exposed, ice the area for swelling. Fancy ice packs are not necessary (a zip lock bag of ice will do). Continue to ice the area as long as you have swelling or achiness.
6. If you fingers are left unwrapped, you should be moving them on a regular basis, by making a full fist and extending your fingers fully. This reduces swelling and prevents stiffness.
7. Take your prescribed pain medicine as often as needed. You will be more comfortable and will be able to move more freely.