



DR. ROBERT HOUSER
COSMETIC & PLASTIC SURGERY
OF COLUMBUS, INC

495 Cooper Road, Suite 217 · Westerville, OH 43081

Phone: 614.890.5565 · Facsimile: 614.890.5561

Diplomat, American Board of Plastic Surgery

Member, American Society of Plastic Surgeons

www.Drroberthouser.com

HAND SURGERY INSTRUCTIONS

Before Your Operation...

1. No aspirin or medicine containing aspirin, and no Vitamin E for 2 weeks before surgery, since they can interfere with normal blood clotting. **If needed, use Tylenol instead of aspirin.** (If in doubt, check with the office.)
2. **Smokers should cut down to no more than 3 or 4 cigarettes a day for 1 week before surgery.**
*****WARNING: Smoking may cause poor or delayed healing - even death of skin (gangrene) in addition to lung complications and bleeding.**
3. Report any signs of a cold or infection appearing within 3 weeks before your surgery.
4. **If you take medication of any kind, call the office to check with Dr. Houser or his nurse about instructions for the day of surgery.**
5. Arrange for a responsible adult to drive you to your home, hotel or motel after surgery.
6. Check with your insurance company to be sure all is in order.
7. If you have any questions before your operation, call (614) 890-5565 weekdays between 9:00 a.m. and 5:00 p.m.

Day of Surgery...

1. **Do not eat or drink anything after midnight the night before your surgery unless instructed otherwise by Dr. Houser.**
2. Wear comfortable, loose fitting clothes which do not have to be put on over your head. No pantyhose please. Wear something that a large, bulky hand dressing or cast will fit through.
3. **You must have a family member or friend drive for you after surgery.** Upon arrival at the facility, give the nurse your driver's name and phone number, as well as address and phone number where you will be the night after surgery.
4. **You must have a responsible adult spend the first 24 hours with you.** Additional instructions and prescriptions can be given to the person calling for you. Such prescriptions should be filled promptly, therefore bring appropriate prescription cards with you.



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5. Arrive at the facility at the time recorded on your surgery confirmation sheet.

After Your Surgery...

1. Keep your hand protected in a sling and elevated above your heart until all numbness from anesthesia is gone. You should continue to keep your hand elevated as much as possible for the first week after surgery.
2. Leave the dressing on unless instructed otherwise.
3. Take medications according to instructions on the bottle. Have someone else give you your pain medicine according to the correct time intervals, since under its influence, you might forget and take it too often. **Do not mix alcohol and pain medicine.**
4. Keep the dressing dry. Cover it with a plastic bag when bathing.
5. Move only the parts of your hand that Dr. Houser tells you to move.
6. You can expect pain which should not be severe.
7. Call (614) 890-5565 if you experience:
 - severe pain not responding to medication
 - fever above 100 degrees F
 - your dressing seeming too tight
 - any other questions or have additional problems

Feel free to call us any time. We want you to be as comfortable as possible during your healing period.

Office Visits...

First: 1 week following surgery.

Second: 2 weeks following surgery. Sutures, if any, will be removed.

Then: Additional visits depend on the type of surgery that you had. Dr. Houser will let you know from this point when he wants to see you.

Prolonged splinting and exercise are common after tendon or joint surgery.