

Seeds Orthopaedics

Orthopaedics and Sports Medicine

William A. Seeds, M.D.
416 West 27th Street * Ashtabula, Ohio 44004
Phone: (440) 997-5427

www.DRSEEDS.com
www.allaboutarthritis.com
www.jointreplacement.com

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## DISCHARGE INSTRUCTIONS FOLLOWING EXCISION OF A GANGLION CYST (HAND OR WRIST)

**Dressing:** Do not remove the dressing on your hand/wrist. If the bandage is too tight, you may loosen and re-wrap the ace bandage, leaving the dressing beneath it in place. Keep the dressing clean and dry. The dressing will be changed when you go to the office one week after your surgery. You may have a splint under the ace bandage. Keep the splint in place.

**Stitches:** Your stitches will be removed 2 weeks after surgery. Keep the stitches clean and dry. Your stitches may be cleansed with betadine after the original dressing is removed in the office, but do not apply any ointments to the stitches. Place Band-Aids over the stitches.

**Bathing:** You may shower after the dressing has been removed. Keep the sutures out of the direct water as much as possible. Clean with betadine and apply clean Band-Aids after your shower.

**Activity:** Rest. Limit your activity for 24 hours after surgery. Thereafter, you may be up as tolerated. Unless otherwise instructed by your doctor, you may move your fingers frequently. Do not use the operative hand for any strenuous activity, grasping or lifting. To help decrease or avoid swelling in the hand and fingers, elevate your hand as much as possible, especially during the first 48 hours after surgery. Elevation of the hand higher than your heart is the best.

**EXERCISE:** Depending on your particular surgery, you will be instructed on when you may resume exercising. Please ask your doctor before starting any exercises immediately after surgery.

**Ice Packs:** If you have been given ice packs, use the ice packs continuously for the first 24 hours after surgery. Thereafter, use the ice packs at least two to three times a day for 15 to 20 minutes at a time, if desired for comfort.

**Medication:** You will receive a prescription for pain medication. Take the medication, as directed, as needed for pain. Refill requests need to be called to the office between 8:00 AM and 4:30 PM Monday thru Friday. No refills are given after hours on weekdays, weekends or holidays.

**Appointment:** You should already have two appointments scheduled – at one week for a dressing change and two weeks for removal of the sutures. If not, please call the office to schedule this appointment as soon as possible after your surgery.

**Precautions:** Early postoperative problems can be seen by an increase in pain not relieved by the pain medication, a temperature above 101 degrees, progressive swelling of the hand or fingers, numbness of the fingers or inability to move the fingers.

**CALL THE OFFICE OR GO TO THE EMERGENCY ROOM IF ANY OF THE ABOVE SYMPTOMS OCCUR.**

If you have any questions or problems, please call the office. The office is open Monday through Friday from 8:00 AM to 5:00 PM and can be reached at (440) 997-5427.

( ) I have reviewed and received the discharge instructions sheets for hand or wrist surgery.

Date: \_\_\_\_\_ Patient's Signature: \_\_\_\_\_

Nurses's Signature: \_\_\_\_\_