

# TRIGGER/PALM INCISION INSTRUCTIONS



MCRAE  
PLASTIC SURGERY

## MCRAE PLASTIC SURGERY

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It is important to keep your hand elevated during the first week after surgery. Failure to do so will result in increased swelling and discomfort, as well as delaying wound healing and recovery.

The dressing can be removed 5 days following surgery.

After 5 days you can begin washing directly over the incision with regular soap and water. Avoid being too rough with the stitches, so they do not break.

Apply polysporin ointment daily. Then replace with a new bandage to protect the incision area. Use polysporin for 7 days maximum. Then replace polysporin with daily vaseline moisturizer.

The stitches are dissolving and they usually take 3-4 weeks to dissolve.

Due to COVID, we will not book a follow up but a phone conversation or in person visit can be arranged.

Exercise the fingers as often as possible. They can be wiggled, opened and closed and make a fist several times per hour to avoid stiffness or swelling in the fingers.

Massage the incision line starting two weeks post surgery. The stitches will likely come out with regular massage.

Epsom salt soaks in warm water for 5 minutes daily can be started at 1 - 2 weeks after surgery. This is especially helpful if you develop redness in the area.

Do not lift more than 10 pounds with the operated on hand for 1 month post surgery.

If in pain, please first take the maximum non-narcotic pain medications (such as Tylenol and advil). Narcotics should be used only if these medicines are inadequate for pain control. Narcotics should not be used for more than 3 days post-surgery.

While follow up is not routinely necessary, the Martin Center booking line for follow up visits in Toronto is 416-864-5280.