

## **Mr Khandwala's Post -Operative Instructions:**

### **For Joint replacement:**

**Plaster:** The plaster will stay on for a few days weeks and will then be replaced by a splint.

**Washing:** You need to keep the area dry for 8-10 days

**Stitches:** These are usually dissolving. Massage the sutures and incision two weeks after surgery with any moisturizer . The sutures will fall off with dead skin at 3-4 weeks PROVIDED they have been touched and massaged. If sutures need removing they need to come out at 2 weeks after surgery.

**Elevation:** Please elevate your hand on pillows (at night) or in a sling in the early post operative period- first week. You must intermittently remove your hand from the sling and exercise your shoulder.

**Use of the hand:** As per therapists guidance

**Painkiller's:** These may be taken as required

### **EXERCISES:**

**My therapist will show you exercises when the plaster comes off .**

#### **Recovery:**

4-8 weeks to driving, 4 weeks to a desk job, 12- 16 weeks to heavy manual job (may be longer and you may need to take up a lighter job)

12- 16 weeks for the pain to settle

Pain and shooting sensations are worst at 6 weeks following surgery and usually recover by three to 6 Months.

Loss of power usually improves by six to nine months.

Stiffness usually improves with exercise in the first few weeks (Provided you have exercised!)

Recovery of motion in the joint is variable and dependent on how you have done your excercises.

**IF YOU HAVE ANY CONCERNS ( WORSENING REDNESS INCREASING PAIN AND SWELLING) PLEASE PHONE THE HOSPITAL**

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