

Mr Markus Nikitins
83 Kensington Road Norwood

All enquiries: 8223 7870

**Post-Operative
Instructions**

Fasciectomy +/- Skin Graft

Your one-week appointment

Hand Therapy appointment

Your two-week appointment

Hand Therapy appointment

Week 4 Hand Therapy appointment



Reviewed by Consumer Representative
2024-05

Fasciectomy & Z-plasties, +/- Full Thickness Skin Graft

The correct after care of hand reconstruction surgery is critical to achieve the best outcome.

Week 1

- Your hand will be bandaged when you leave hospital.
- Keep bandage **DRY** and **INSITU** for 1 week; do not remove unless it becomes very tight or very loose. **Call Dextra for advice.**
- Some blood ooze is normal, **excessive** blood loss to be reported to Dextra.
- Maintain hand elevation (level of heart – slings not necessary) and pain relief for first 48 hours. Rest arm on 2 pillows when sitting up resting (not when sleeping) and hold on your chest when walking around. Place arm wherever comfortable in bed at night - does not need to be on a pillow.
- Your first post operative appointment is 1-week post- surgery. We will remove your bandage and wash your hand. We then apply Lanolin to the wounds.
- We keep the wounds open for the second week with regular washing with soap and water and re-application of Lanolin, at least 3 times per day. We provide tubes of Lanolin for you to continue application. We recommend getting a few pairs of white, cotton gloves from your pharmacy to wear during this week to prevent Lanolin spreading on everything. **DO NOT DRY OUT THE WOUNDS.**
- If you have had a Full Thickness Skin Graft, this will require additional protection during the second week by a simple Band-Aid. You will have an additional dressing on your upper arm where graft was taken.
- If your surgeon has recommended hand therapy, you will see the hand therapist at the same timeframe as seeing your surgeon.

- The hand therapist will provide a splint for night-time use and a regime of exercises.
- DO NOT be overly concerned if some skin cracking occurs within joint spaces, this is expected as part of your exercise routine given to you by either surgeon or hand therapist.

Week 2

- Removal of sutures. If you have maintained the above procedure of moisture (Lanolin) the removal of sutures is much more comfortable.
- Cease use of Lanolin and change to any moisturiser to assist in regular massage and to prevent 'cracking' of skin. Massage helps in smoothing the scar, reducing swelling, and enabling improved mobility of the affected finger(s).
- Continue exercises as instructed.

**If you have any surgical concerns, please contact your surgeon on
8223 7870 business hours**

Adelaide Hand Therapy - 82321 788

**After-hours post-operative emergency please ring:
1300 339 872**