**Finger amputation postoperative instructions.**

**Diet**: Avoid salty foods as it can make swelling worse.

**Showering**: Until the sensation returns to normal in the operated hand, please do not grab things that may be hot or frozen, otherwise you may damage your skin and not recognize it.

The day after the procedure, to shower, remove the bandage. You can shower and wet the wound, but do not scrub. You can reapply dry gauze if you want (but it's not necessary).

**Activity**: Within the bandage, you are encouraged to start moving your hand immediately after the procedure. This will prevent stiffness and scarring between the tendon and surrounding structures. Your goal is to make a full fist at least 20 times every half hour while awake. The more you move your hand, the less swelling and pain you will have.

Avoid lifting anything with your operated hand as that hand will be very sensitive for some time.

**Medications**: If your hand swells, throbs, or is in pain, raise it above the elbow.

For pain, start Tylenol 650 mg (if not allergic) as needed every four hours. If you need something stronger, use the recipe given to you by Dr. Chattar-Cora. If you take the prescribed medication, do not drive or operate machinery that could injure someone. Take the prescribed antibiotics as directed.

Resume any medications you were taking before the operation as you were doing before surgery

**Follow up**: for an appointment during normal business hours Monday to Friday 900am-500pm, please call 210-265-1924 or you can send your request through the patient portal.