

# AFTER SURGERY CARE

Your surgery is over and now it's time to heal. Recovery could take anywhere from a few weeks to a few months, depending on your type of operation. **Here are some steps you can take to help your recovery move along.**



## TALK TO US

YOU ARE NOT ALONE. WE WANT TO SEE YOU RECOVER WELL.  
IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE GIVE US A CALL.

1

### Keeping pain under control

It is easier to prevent pain than it is to control it. Take some Paracetamol (eg Panadol) and/or Anti-inflammatory (eg Nurofen) on a regular basis.

2

### Look after your surgical site

Keep the dressing clean and dry. If you notice any increased pain, discharge or fever, see your GP or go to the nearest emergency department.

3

### Rest up

Most likely, you will be extremely tired when you get home from surgery. It is advisable to eat well and rest well.

4

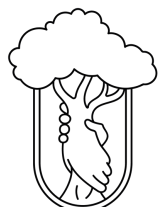
### Be kind and be patient to yourself

Everyone recovers at his or her own rate, and it may take time before you are at full speed again. Ask a friend or a family member to help take some of the load off or just offer company if you're feeling isolated.

5

### Road to recovery

We will contact you regarding your next appointment. We will refer you to the hand therapists or physiotherapists and they will be in touch with you.



**APLEY**  
ORTHOPAEDICS