



MUCOUS CYST EXCISION POST OP INSTRUCTIONS- DR. PETER DENOBLE

WHAT DO I DO AFTER SURGERY?

Your hand will be bandaged after surgery but you can begin finger and wrist range-of-motion immediately. You may remove bandage after **five days** and can cover the incision with a Band-Aid (flexible-fabric works best). At this point you can be showering over the healed incision but should refrain from heavy manual labor and soaking the hand in water.

When do I schedule my follow up appointment?

Call our office at 973-898-5999 to schedule your first follow up visit 2 weeks after your procedure. At this appointment your stitches will be removed. You no longer need to keep the incision covered at this point and you can return to activities as tolerated.

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If you have fevers, increasing pain, or any questions regarding your care feel free to call our office and we will address your concerns.

Helpful tips:

1. Ice and elevation (keeping your hand above the level of your heart) are both very helpful during the early post op period.
2. If you notice that your hand appears to be swelling it is most likely because it needs to be elevated or your dressing may be too tight (if you get permission from your doctor you may be able to loosen the outer dressing).
3. Some patients find it alarming to see bruising in their fingers and hand after surgery, but this is quite normal.

CAN I DO THERAPY ON MY OWN?

Of course! Formal therapy is generally not necessary and you can work on range of motion on your own at home. Keep your fingers moving by alternating between straightening and flexing them, making sure to attempt to complete a full fist. This is a simple yet important part of your recovery. It is also important to massage your surgical scar (after the first week) which will help soften and desensitize the healing tissue.