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## **DR. CHAN'S**

### **MUCOUS CYST/ FINGERTIP**

### **AFTERCARE INSTRUCTIONS**

- 1) **NO** lifting, pushing, or pulling with your hand. Okay to use silverware but lift nothing heavier.
- 2) **It is important to maintain your finger motion even with the splint on.** Make a full fist (touch your fingertips into your palm) and fully straighten your fingers **50 times**. Do multiple times throughout the day.
- 3) Use ice packs on your finger for **30 minutes at a time 4-5x a day**.
- 4) Keep the finger splint clean, dry, and on at all times for 48 hours. Then Remove the dressings, cover the band-aid and reuse the metal splint. **DO NOT** submerge the hand under water (kitchen sinks, swimming pools, ocean, lakes).
- 5) For pain, **if you are not taking any blood thinners and or anti-coagulants**, take Ibuprofen (Advil or Motrin) 800mg every 8 hours with food as needed. If you can't take Ibuprofen, take Tylenol or the prescribed medication.
- 6) **Call the office at (941)485-1505, if you experience any of the following:**
  - **Excessive bleeding**
  - **Pain medication does not relieve your discomfort**
  - **Fever over 101 degrees**
- 7) Call the office at (941)485-1505 for a follow-up appointment if you don't already have one.