
Before a hand operation at the outpatient clinic

This instruction is meant to help you prepare for your procedure before coming to the hospital. The procedure is carried out under local anesthetic.

What to take into account before surgery

- The skin of the surgical site should be intact and in good condition. Any wounds, cuts or even superficial scratches (eg. cats' scratches) cause an increased risk for infection. If the cut is located in the proximity of the surgical site the operation might be postponed.
- Shower and wash your hair before coming to the hospital. Cut your fingernails short and remove any possible dirt under your fingernails. Remove nail polish and sculptured nails.
- Driving your car is forbidden on the day of surgery. You will have a large bandage in your hand after surgery and you may receive medication that impairs your ability to drive. Kela does not generally cover your trip to the hospital, but you can go back home with kela-taxi if necessary.
- You will be wearing your own clothes during surgery. Wear a short-sleeved shirt and clothes that are comfortable and clean. You will have a large bandage around your hand after the procedure. Therefore make sure to wear a shirt with loose or flexible sleeves. Leave all valuables, jewellery and big sums of money home.

Eating and drinking before surgery

You are allowed to eat and drink normally before the procedure. The use of alcohol is forbidden 24 hours before and after surgery.

Medication

You can take your regular medication on the morning of your surgery if not otherwise instructed. We recommend you to take your medication and/or prescriptions with you to the hospital. The procedure is carried out under local anesthesia, but if need be you can receive additional pain medication orally or as a nasal spray.

Going home after surgery

You can go home on the day of the surgery when you are feeling well and after you have received home care instructions. We recommend that you have an adult accompanying you on your way home after the procedure. If necessary you can also go home with kela-taxi.

At home

- After the surgery you can get up and move when you are feeling well. You can also eat and drink normally.
- After surgery you will have a big, thick bandage in your hand. Stiches are usually removed after 10-14 days from surgery.
- You will get more specific home care instructions (concerning eg. removal of stiches and bandage) and if necessary a prescription for pain medication and a sick note before going home from the hospital.