

Finger/Hand Mass Excision

Post-Operative Protocol

Jonathan Twu, MD

Day 0-10	• Keep dressing dry and intact, elevate hand • No lifting greater than 5 pounds • May do self-care activities as well as light duty work such as typing and writing at home • Postoperative Day 3 ○ 3 days after finger/hand masses removed dressings at home, start gentle motion keep wound dry and covered with a bandaid
Follow-up visit (Day 10)	• Incision site is checked by Dr. Twu's team • Sutures removed, steri-strips placed if needed • Incision can get wet • May gradually return to activities with no weight restrictions • Start Occupational therapy for scar massage for 2-4 weeks

