



The Hand Center of Greater Washington

Dear Patient,

SALMAN ASHRUF, M.D.

BOARD CERTIFIED
PLASTIC SURGEON

FELLOWSHIP TRAINED
HAND AND
MICROVASCULAR
SURGEON

You have just undergone surgery performed by Dr. Ashruf of The Hand Center of Greater Washington. You may have a large dressing that is intended to reduce motion and prevent swelling. Unless otherwise instructed, leave this dressing intact. Please elevate your hand and arm (higher than the level of your heart) for the next 24-72 hours, in order to reduce pain and swelling.

You may experience some temporary numbness in your fingers and slight drainage on the dressing. This is normal. The stitches will probably be removed about 2 weeks after your surgery.

We would like for you to return to our office in approximately ____ days to see Dr. Ashruf for a follow-up appointment. You will need to schedule this appointment on the following business day by calling (410) 590-4313 between the hours of 9:00 am to 5:00 pm Monday through Friday.

Your treatment program may also require follow-up by a certified hand therapist. We have relationships with many therapists throughout the region and an appointment must be made within ____ days after your surgery. Dr. Ashruf will provide the prescription to give to the therapist.

We want your treatment to be as successful as possible. If you have any problems (such as excessive bleeding, excessive wound drainage, elevated temperature, or excessive pain) or if your dressing becomes water-soaked, please do not hesitate to call The Hand Center of Greater Washington at (410) 590-4313. Dr. Ashruf can be reached 24 hours a day, seven days a week.

ADDITIONAL INSTRUCTIONS:
