



Hand Help, Inc.

Discharge Instructions

Name:

Date:

Congratulations on completing a surgery with our organization, Hand Help.

While your surgery is over, the work of recovering from this surgery has just begun, below are some instructions to help you understand what you should do to ensure the best results possible from your surgery in the coming months.

A doctor will fill out this form for you before you leave, IF a box is checked, you SHOULD follow the instructions next to the box. IF a box is NOT checked, you SHOULD NOT follow the instructions next to the box.

Following this surgery, you will have:

- Stitches/Staples, and these stitches/staples will
 - Fall out on their own after ____ days.
 - Should be taken out after ____ days by a health professional. This can be done at the Leonard Martinez hospital in San Pedro Sula or at another hospital/clinic that is convenient for you.
- A Cast, this cast should be taken off after ____ days by a health professional. This can be done at the Leonard Martinez hospital in San Pedro Sula or at another hospital/clinic that is convenient for you. While you have a cast on, you should avoid getting that arm wet while bathing. This can be done by placing a plastic bag around your arm while bathing.
- Pins, these pins should be taken out after ____ days by a health professional. This should be done at the Leonardo Martinez hospital in San Pedro Sula.

Following this surgery, you should do the following physical therapy:

- Begin exercises in your home according to our instructions after ____ days, and perform these exercises ____ times per day, for AT LEAST ____ weeks.
 - Go to Teleton, or another professional physical therapy clinic after ____ days for professionally guided physical therapy and follow the instructions you are given there.
 - No physical therapy is needed in your case. Following this surgery, you should clean your wound in the following manner:
-

You should remove your bandage and change it to a new, clean one after ___ days. You should change the bandage regularly every ___ days. You should try to keep your wound covered whenever it is not being cleaned for at least ___ days.

You should clean your wound daily with normal soap and clean water. No hydrogen peroxide or special cleaning solutions are needed, and some may even cause your wound to heal slower or cause greater scarring, so it is best to stick with normal soap and clean water. If you do not have a cast, there is no need to avoid getting your wound wet while bathing normally. You can get the wound wet and wash it normally just like any other part of your body, just remember to take your bandaging off before bathing and replace it after bathing if you still need to wearing a bandage according to the instructions above.

For everyone,

There is no need for a special diet following surgery. Patients can eat whatever food they would normally eat on a daily basis. It is important to maintain a good diet to promote recovery from the surgery, so patients should eat whatever food is available to them and not avoid foods. Eating certain foods cannot cause surgical wound infection or other negative effects, while avoiding foods could lead to poor nutrition, for this reason a special diet is not only unnecessary, but could be harmful and should be avoided.

You should understand that the expected results of different surgeries vary. For all surgeries, some scar at the incision site is expected following the surgery. This scar will fade with with time, but will probably never go away completely. Additionally, most surgeries that we perform in order to improve function and appearance are NOT expected to restore the arm/hand to a completely normal state. These surgeries are only intended to improve the patient's condition from what it was before surgery; remember this as you heal. If you are confused about the expected results of your surgery, you should ask a doctor.

Hand Help a group of health professionals from the United States that works together with the Ruth Paz Foundation and other Honduran organizations to provide surgeries to those in need. Our goal is to help our patients as much as possible, so if you have any questions, comments, or suggestions about how we could improve our services, please feel free to contact us via email at kyle.ragins@yale.edu or by phone call/text message at 00-1-310-218-6438. We also want to thank you for any donation you made to the Ruth Paz Foundation as part of your surgery. We do not receive any payment for the services we provide to patients in Honduras, but the funds you provided for the Ruth Paz Foundation are important for supporting their efforts to provide care to patients and to organize more missions like ours. Thank you!