

Discharge advice for patients with a hand(s) injury

(No structural repairs or plaster of paris in place)

This leaflet can be made available
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatach.

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Dressings

If you have a dressing on your wound(s) please keep this clean, dry and un-disturbed until your next dressing clinic appointment.

If necessary, please take your painkillers at least 45 minutes before your clinic appointment to help with pain relief during the change of dressing.

Exercises

It is **very important** that you perform any exercises given to you by a therapist **as you were shown**.

- Bend and straighten your elbow and move your arm forwards and to the side 3 times every hour to prevent stiffness.
- Bend and straighten your fingers, thumb and wrist 3 times every hour within the limits of your dressing. **Do not force the movement with the other hand.**
- Use your affected hand(s) to do light activities for example getting dressed, reading, picking up lightweight objects; **do not** use your hand for any heavy or dirty activities for example gardening, cleaning floors and manual work.
- **Do not drive. Seek advice about when to commence driving at your clinic appointment.**

To aid your comfort try keeping your hand(s) or arm(s) raised on a pillow when sitting or lying down and elevated above your heart level when walking around. This will help:

- Blood flow to your hands and arms
- Prevent swelling
- Help with pain relief.

Problems

Please contact the ward where you were admitted should you have any of the following problems:

- Very swollen hand(s)
- Pain that is not relieved by taking your pain killers
- Pins and needles or numbness in your hand(s)
- Bleeding that will not stop after applying gentle pressure
- Any redness on your skin which feels hot to the touch and goes past the end of the dressing
- You feel generally unwell
- Have a green/brown smelly discharge coming through the dressing.

Dressing Clinic

You will be given an appointment to attend dressing clinic

It is very important that you keep this appointment

The telephone number for the dressing clinic is: **0151 430 1285**

Please contact the clinic straight away if you will not be able to keep your appointment.

If an ambulance has been arranged for you to return to the dressing clinic, **please be ready 2 hours before** your appointment time. This is because ambulances sometimes collect patients early and cannot wait for you to get ready.