

Patient information following Hand Surgery

Department of Trauma and Orthopaedics

Following the advice below after surgery can have a positive effect on your recovery, helping to reduce pain, swelling and stiffness.

Elevation

It is important to keep the hand elevated as much as possible. At rest, the arm can be placed upon the chest so that the hand is at the level of the shoulder. As you walk, do not let the hand swing down by your side. The hand can be lowered for short episodes of light activity. You may be given a sling to help keep the hand in the elevated position.

Mobilisation

Moving the hand can prevent stiffness. Try the following exercises. Do five repetitions of each exercise, little and often each day. Do not push on into pain. If you have a plaster cast or splint, move the parts that are free to move. Avoid heavy lifting, particularly saucepans and kettles containing hot liquid.

Refrigeration

Use a bag of ice wrapped in a towel to place in the hand for 5 -10 minutes every three hours. Do not apply ice directly to the skin as this risks frostbite. If you have a sensation of burning or see blisters, remove the ice immediately.

Pain Relief

You will have been prescribed some pain relief. Ensure you take it regularly to remain comfortable.

Driving

You must have full control of the vehicle before attempting to drive. You should not drive whilst wearing a splint.

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.



1. Straighten all fingers



2. Knuckle bent with straight fingers



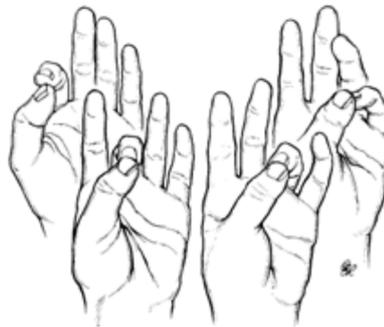
3. Make a claw fist with knuckles straight and fingers bent



4. Make a closed fist with knuckles and fingers bent



5. Spread fingers then bring back together



6. Touch thumb to all finger tips finishing at the palm crease

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。