

Patient information

Hand or arm surgery

The surgery that has been planned for you to have as a day case is:

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Following your surgery

Stitches need to be removed. This will be done by:

- Your practice nurse in ____ days
- The orthopaedic clinic in ____ days

Please leave your dressing intact, keeping it clean and dry and follow the instructions written below.

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- The operation site needs to be kept clean and dry until the wound is dry, closed and healing. Until then wear large rubber gloves or a plastic bag over your hand during bathing or washing.
- You may experience some mild to moderate pain. This can be relieved by elevating your arm (see below) and taking painkillers. If on discharge you are given 3 - 5 days supply of painkillers, these may be taken as prescribed; otherwise paracetamol or similar pain relieving medication is appropriate.

- Should any bleeding occur, apply moderate pressure and elevate the hand / arm.
- You may experience some swelling in the fingers, hand or arm; this is normal. To help relieve this, please keep your hand / arm elevated for 48 hours. The ward nurse will apply a sling or collar and cuff before you leave. If resting, elevate your hand / arm on a pillow. Gently massaging your hand and fingers will also help.
- Avoid lifting heavy objects.

These are some exercises you can do to help prevent swelling and stiffness:

- Move your shoulder and arm regularly
- Gently clench and unclench your hand
- Touch each finger in turn with your thumb

Special instructions.....

Outpatient appointment.....

This will be sent to you

Return to work.....

Driving.....

Contact your GP or GP out-of-hours service if:

- you experience severe pain
- any bleeding does not stop by the method suggested
- your wound becomes red, hot and/or produces a discharge, you may have an infection

If you require any further advice please contact the Martin Corke Day Surgery Unit on 01284 713959 between 7.45am and 8.00pm, Monday to Friday.

Outside of these hours contact the orthopaedic ward F4 on 01284 713290 and speak to the nurse in charge. Please have your hospital number on the discharge letter available.

Or NHS 111

West Suffolk NHS Foundation Trust is actively involved in clinical research. Your doctor, clinical team or the research and development department may contact you regarding specific clinical research studies that you might be interested in participating in. If you do not wish to be contacted for these purposes, please email info.gov@wsh.nsh.uk. This will in no way affect the care or treatment you receive.

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo)
<https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>



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