



Royal Berkshire
NHS Foundation Trust

Advice following arm or hand surgery

Adult Day Surgery Unit

Introduction

This leaflet will give you advice on how to look after your arm or hand following surgery. If there is anything you do not understand or if you have any questions or concerns, please feel free to discuss them with your nurse.

Aftercare advice

- Avoid strenuous exercises until your wound has healed but ensure you continue to exercise your fingers. Continue to move the fingers *except* for those that may have been splinted for protection following surgery.
- Do not carry heavy weights or do any lifting until your wound has healed.
- For the first 2-3 days following your surgery, keep your arm up in a sling during the day and support it on pillows at night.
- If you have pain or discomfort, take painkillers as required.
- Keep the dressing dry until the stitches are removed. Cover the dressing with a plastic bag or waterproof material when you shower or bathe.

Tick as applicable

After days, remove the bandages, leaving the white dressing in place until you are seen at your follow-up appointment.

Leave all the dressings on until you attend your follow-up appointment.

Please make an appointment with the nurse at your GP's practice on for * Reduction of dressing / wound check or * Removal of stitches

* *Delete as appropriate*

Additional instructions

During the first 24 hours following your discharge

If you have any further concerns about your surgery, please telephone the ADSU: 0118 322 7622. Fax: 0118 322 8214

Opening hours are 7.30am to 10.00pm Monday-Friday, 7.30am to 4.00pm Saturday. If you need help/advice outside these hours, please telephone the Royal Berkshire Hospital switchboard on 0118 322 5111 and ask for the on-call surgery doctor. Please note that this should be for emergencies only.

After 24 hours, please seek advice from your GP.

For further information about the Trust, visit our website
www.royalberkshire.nhs.uk

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