



Discharge information after Hand and Wrist Surgery



After care:

- Rest is advised for the remainder of the day.
- Keep your hand elevated, either in a sling or propped up on a pillow for 3-4 days after surgery. This will help reduce swelling and pain.
- You can also take simple pain killers (e.g. Paracetamol)

Things to avoid:

- Wearing jewellery or clothing on the hand that was operated on, as this could restrict circulation.
- Do not remove dressings or cast – unless told otherwise.
 - Do not get them wet, and do not push objects down inside the cast.
- Driving, excessive movements or heavy lifting – until your surgeon or hand therapist advises.

Your dressings:

- Keep the dressing clean and dry, to ensure good wound healing and prevent infection. You can wear a glove if needed.
- You will be advised regarding how and when your bandages +/- stitches will be removed.

Contact CAVOC outpatients or the Surgical Hub if you notice:

- Check your circulation – if you experience any symptoms of hand discolouration, increasing pain or excessive cold that persists.
- Signs of infection – like raised temperature, bleeding, swelling, redness, discharge or pain from the wound.

Exercises (unless otherwise instructed):

- Move fingers, gently and frequently, to prevent stiffness and reduce swelling.
- This may be painful but should gradually ease.
- Continue these exercises until you are seen in clinic.

Additional Information:

https://www.bsash.ac.uk/patients/conditions/hand_disorders

Key Contact numbers

If you have any concerns, you can contact:

CAVOC Outpatients (8am-5pm): **02921 825043**

CAVOC Ward (24 hours): **02921 826186**

Surgical Hub (First Floor, 7am-7pm Monday-Friday) – **02921 826510**

Surgical Hub (Ground Floor, 7am-7pm Monday-Friday) – **02921 826348**

Follow up:

☐ Remove bandages yourself at home on _____

☐ Return to CAVOC Hand Clinic on _____

☐ Return to Trauma Clinic at UHW on _____