

Hands & Plastics Physiotherapy Department

# Advice after a hand injury or surgery

Information for patients



The information on this sheet is designed to help you to look after your hand after injury or surgery. Please read carefully and contact your therapist with any questions.

## Do's and Do Not's

**Do: keep your hand above your heart**

- If you do not it will become very swollen
- It will become more painful
- It will make your hand very stiff
- It may slow down healing

**Do: keep your hand dry and clean**

- This will reduce the risk of infection

**Do: use the painkillers you are given in hospital**

- This will allow to be comfortable and complete the exercises you are given

**Do: practice a pumping exercise 10 times every hour**

- Every hour during the day practice reaching up to the ceiling with your arm to exercise the muscles in the arm and prevent stiffness

**Do not: adjust your dressings**

- This can lead to infections and problems with the hand
- The dressing will be changed at your first outpatients appointment

**Do not: remove your splint/cast**

- Unless you are told to, never remove a splint or cast on your arm.
- Removing this protection could damage your hand.
- Your splint or cast will be checked at your first outpatient appointment.

## Questions or concerns

If you have any questions or concerns, please contact the Hand Therapy team between the hours of 8am and 4.30pm Monday to Friday on **01865 231181**.

**Please write any questions that you have for us here:**

If you need an interpreter or need a document in another language, large print, Braille or audio version, please call **01865 221473** or email **PALSJR@orh.nhs.uk**

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