

Hand or Arm Surgery



Following the surgery you have had to your hand/arm, you will have a large bandage or plaster in place. This must not be touched unless you are told to do otherwise.

Your arm will be raised in a sling when you leave the ward. Please use this for 48 hours following surgery, as this helps to reduce swelling and discomfort. When sitting or sleeping please rest your arm on pillows or cushions.

Exercise your fingers by clenching your fist for the count of five, then straightening your fingers for the count of five. Do this for 5 minutes every half hour.

To exercise you elbow and shoulder, take your arm out of the sling and flex and stretch your elbow. Rotate your shoulder through 360°. This will prevent your joints stiffening up. Do these exercises every time you do your finger exercises.

It is advisable to rest for 24-48 hours after discharge, as you may not feel up to doing very much.

Take the pain killers you have been given and always follow the instructions on the pack.

Follow up

You will receive a letter for your GP and a follow-up appointment if required prior to discharge.

If you require any **further advice or information**, please contact the nursing staff at DAY SURGERY UNIT Telephone **01324 567537**.

If you have any **urgent concerns or emergencies**, please contact your GP, NHS 24 or present at the Emergency Department (A&E) Forth Valley Royal Hospital, Larbert.

If you can't go let us know!

Every month around 2,000 people across Forth Valley fail to turn up for hospital appointments. This costs the NHS millions of pounds each year and increases waiting times. So if you are unable to attend or no longer require your hospital appointment please let us know so we can offer it to someone else.

We are happy to consider requests for this publication in other languages or formats such as large print. Please call 01324 590886 (24hrs), fax 01324 590867 or email FV-UHB.disabilitydepartment@nhs.net

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SMOKING IS NOT PERMITTED ON NHS FORTH VALLEY PREMISES

This includes corridors, doorways, car parks and any of our grounds. If you do smoke on NHS premises you may be liable to prosecution and a fine.



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IN PEOPLE** | Silver



NHS Forth Valley Administration Offices
Westburn Avenue, Falkirk FK1 5SU
www.nhsforthvalley.com