

Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or patient.information@addenbrookes.nhs.uk



We are currently working towards a smoke free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169

Department of Plastic and Reconstructive Surgery Ward L5

Patient Discharge Information

Hand injuries

Document history

Authors	Lisa Brignell
Department	Cambridge University Hospitals NHS Foundation Trust, Hills Road, Cambridge, CB2 0QQ www.cuh.org.uk
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Discharge information

You will be discharged from hospital approximately one to two days after your operation.

Your wound dressings will stay in place when you go home. You will be required to attend a dressing clinic appointment for dressing change and wound review one week after surgery.

You are likely to have been visited by an occupational therapist during your stay in hospital who may have fitted a splint and would have provided advice on mobilisation and exercises. You are advised to continue arm elevation.

It depends on the extent of your hand injury to what type of splint is fitted and at what point of your recovery it is applied.

Showering and bathing activities should be discussed with your consultant. You must avoid getting the dressings wet.

Depending on your type of work it is recommended you have approximately four to six weeks off work unless instructed otherwise by your consultant. The ward can issue you with a sick certificate upon request or you can obtain one from your GP.

An appointment will be sent in the post to attend the outpatient department in approximately four to six weeks time to see your consultant or a member of their team.

Discharge advice

Pain relief – Some discomfort after surgery is to be expected. You may have been given painkillers on discharge. Continue taking these as instructed on the packet. If you did not receive painkillers on discharge, it may be because you did not require any at this time. In this situation, if you do require pain relief paracetamol is advised.

Driving – You should avoid driving for four to six weeks. You should check with your insurance company to confirm your insurance remains valid.

Household chores – You are advised to refrain from any heavy pulling and pushing and such activities as vacuuming, pushing shopping trolleys and hanging out washing. These activities need to be re-introduced gradually.

Complications

It is important for you to be aware of the signs and symptoms of wound infection. These may include

- Redness
- Swelling
- Fever
- Wound discharge
- Pain that is not relieved by your normal painkillers or gets steadily worse.

If any of these symptoms occur, contact your GP or Ward L5 on **01223 348503** for advice. If an infection does occur antibiotics may be prescribed.