

Hand Therapy

Skin protection following nerve injury

After injuring a nerve, you might not be able to feel things that can hurt your skin such as heat, cold, sharp objects and pressure. Being able to feel these things is called protective sensation. You will need to be extra careful with your skin until protective sensation comes back. It is important to look after your skin and check it often for any problems. To keep your skin safe please follow the advice below.

Temperature

- Very hot or very cold things are a risk to your skin. Be careful when cooking or if you smoke. You are unlikely to feel if your skin is burning.
- Test the temperature of things with the uninjured hand.
- Think about wearing protective gloves.

Pressure

- Check the skin often for pressure marks e.g. redness, swelling, heat, blisters, especially if you are wearing a splint.
- If you get blisters or wounds, treat these with care. This will help them heal and not get infected.
- Try not to grip narrow handles – if possible make handles wider to spread the pressure out.

Chemicals

- Wear protective gloves or clothing when using items such as bleach and other cleaning products. These may burn and blister skin.



Patient Information

Repetitive Tasks

- Avoid using one tool for a long time.
- Take regular breaks from gripping to ease pressure on the skin.

Sharp Objects

- Take special care when using sharp objects such as knives and scissors.
- Make sure you check your skin for any signs of damage afterwards.

If you need further information, please call your therapist on 024 7696 6016.

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 6016 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

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