

## Day Surgery Unit

# Post operative hand and arm instructions

### The day of your operation

When you return home after your operation, you should:

- Keep your arm/hand raised by using a sling or resting it on 2 or 3 pillows.
- Check the dressing for any signs of bleeding.

### If you notice bleeding:

- Raise your arm/hand as high as possible for 10 minutes.
- Call your GP.
- Or contacts the Day surgery unit at: 024 7696 6852
- For Rugby St Cross Day surgery unit, call: 01788 663264

### 48 hours after the surgery

For the first 48 hours after your surgery, you should:

- Continue to keep your hand/arm raised using a sling or pillows.
- Regularly move your shoulder, elbow, and fingers to avoid stiffness, pain and swelling.

Take painkillers regularly as prescribed or as directed on the packaging during the first 48 hours after your operation.

### After 48 hours

After the first 48 hours, you can start using your hand/arm as normal within the limits of your dressing, unless you have been told otherwise. Keep your dressing in place, clean and dry until your outpatient appointment, unless told differently by the nursing staff.



## Patient Information

At your outpatient appointment:

- The dressing will be removed, your wound checked and any stitches may be taken out.
- If you need a GP appointment for stich removal, you will be informed before you leave the Day surgery unit.

If you have any concerns, contact your GP or reach out to:

**Day surgery unit, University Hospital Coventry:** 024 7696 6852

**Rugby St Cross Day surgery unit:** 01788 663264 (7.30am to 7.00pm, Monday to Friday)

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 024 7696 6852 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

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#### Document History

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