

## Day Surgery Unit

# Post Operative Hand and Arm Instructions

### The day of your operation

When you return home on the day of your operation you should:

Keep your arm/hand raised either by the use of a sling or by resting it on two or three pillows.

Check the dressing for signs of bleeding. **If this happens you should:**

- Raise your arm/hand as high as possible for 10 minutes
- Call your GP
- or telephone the Day Surgery Unit on: 024 7696 6868
- Rugby St Cross Day Surgery Unit on: 01788 663264

### 48 hours after the surgery

For the first 48 hours following surgery you should:

- Continue to raise your hand/arm using a sling or pillows
- Regularly exercise your shoulder, elbow, and fingers to prevent stiffness, pain and swelling

We recommend you take painkillers regularly over the first 48 hours after your operation. Take as prescribed or follow instructions included in the packaging.

After the initial 48 hour period, you may begin to use your hand/arm in the usual way within the restrictions of your dressing unless you have been told otherwise. Please keep your dressing in place and clean and dry until



## Patient Information

you return to your outpatient appointment, unless told otherwise by the nursing staff.

At your outpatient appointment the dressing will be removed, your wound checked and any stitches present may be removed.

If you need to make an appointment at your GP surgery for the removal of your stitches you will be informed before you leave the Day Surgery Unit.

In the event of you experiencing any problems please do not hesitate to contact your GP or:

### **The Day Surgery Unit, University Hospital Coventry:**

Telephone 024 7696 6868 or 024 7696 6861 between the hours of 8.00am and 9.00pm Monday to Friday.

### **Rugby St Cross Day Surgery Unit:**

Telephone 01788 663264 between the hours of 7.30am and 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 6868 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

To give feedback on this leaflet please email [feedback@uhcw.nhs.uk](mailto:feedback@uhcw.nhs.uk)

#### **Document History**

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