

## Discharge advice for patients with a hand(s) injury (structural repair with a plaster of paris splint in place)

This leaflet can be made available  
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式  
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona  
w innych językach/formatach.

Whiston Hospital  
Warrington Road,  
Prescot, Merseyside, L35 5DR  
Telephone: 0151 426 1600

St Helens Hospital  
Marshall Cross Road,  
St Helens, Merseyside, WA9 3DA  
Telephone: 01744 26633

## Dressings

If you have a dressing on your wound(s) please keep this clean, dry and un-disturbed until your dressing clinic appointment.

If necessary, please take your painkillers at least 45 minutes before your clinic appointment to help with pain relief during the change of dressing.

## Exercises

It is **very important** that you perform any exercises given to you by a therapist **as you were shown**.

- Bend and straighten your elbow and move your arm forwards and to the side at the shoulder 3 times every hour to prevent stiffness
- **Do not use your hand for any activity. Do not even hold a piece of paper.** If you are concerned about your ability to cope with managing this, please inform your nurse or therapist
- **Do not drive. Seek advice about when to commence driving at your clinic appointment**

To aid your comfort keep your hand(s) or arm(s) raised on a pillow when sitting or lying down and elevated above your heart level when walking around. This will help:

- Blood flow to your hands and arms
- Prevent swelling
- Help with pain relief

If you have been given a splint to wear by the Occupational Therapist, **it is very important** that you carry on wearing it as you were shown. It will help you in the future with your hand movements.

## Problems

Please contact the ward where you were admitted should you have any of the following problems:

- Very swollen hand(s)
- Pain that is not relieved by taking your pain killers
- Worsening pins and needles or numbness in your hand(s)
- Bleeding that will not stop after applying gentle pressure
- Any redness on your skin which feels hot to the touch and goes past the end of the dressing
- You feel generally unwell
- Have a green/brown smelly discharge coming through the dressing

## Dressing Clinic

You will be given an appointment to attend Dressing Clinic. **It is very important that you keep this appointment.**

The telephone number for the Dressing Clinic is: **0151 430 1285**.

Please contact the clinic straight away if you will not be able to keep your appointment. If an ambulance has been arranged for you to return to the Dressing Clinic, **please be ready 2 hours before** your appointment time. This is because ambulances sometimes collect patients early and cannot wait for you to get ready.

**If you are expecting an Outpatient appointment but do not receive one, please contact your Consultant's secretary**