

Support

Should you require on-going support following a burn injury, links to support groups and charitable organisations can be accessed on the Northern Burn Care Network website:

<http://www.nbcn.nhs.uk/patients/useful-links.htm>

Alternatively, please feel free to contact the Burns Unit for advice.

Contact details: 0151 430 1540

If you wish to discuss your wound care, please contact the Burn Nurse Specialist on: 0151 430 1540

If you wish to discuss your treatment with a Physiotherapist or Occupational Therapist, contact them on: 0151 426 2243

If you have not received your follow up appointment as discussed on your discharge, please ring 0151 426 1600 and ask for your Consultant's secretary.

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

 /sthknhs  @sthk.nhs
www.sthk.nhs.uk

Discharge advice for patients with a hand/ injury

(No structural repairs or plaster of paris 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.

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Department: Burns Unit
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Dressings

- If you have a dressing on your wound/s please keep this clean, dry and undisturbed until your next dressing appointment.
- If necessary, please take your painkillers at least 45 minutes before your appointment to help with your pain relief during a change of dressing.

If you have not received your follow up appointment as Discussed on your discharge, please ring 0151 426 1600 and ask for your Consultant secretary.

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 3 times every hour to prevent stiffness.
- Bend and straighten your fingers, thumb and wrist 3 times every hour within the limits of your dressing. **Do not force the movement with the other hand**
- Use you affected hand/s to do light activities, for example getting dressed, reading, picking up lightweight objects: **do not** use your hand for any heavy or dirty activities for example gardening, cleaning floors and manual work.
- **Do not drive. Seek advice about when to commence driving at your clinic appointment.**

To aid your comfort try keeping 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 arms and hands
- Prevent swelling
- Help with pain relief

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
- Pins and needles or numbness in your hand/s
- Bleeding that will not stop after applying gentle pressure
- Any redness 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 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.