

Scar Healing

Your wound will take approximately two weeks to heal and form a scar. Once healed it is important to start massaging the scar. The exercise not only helps improve tenderness but helps restore the skin to a more normal appearance.

To complete your scar massage use a non-perfumed cream with small fairly firm circular motion into the scar working along the length of your scarring.

Scar Sensitivity

It can be common for the scar to remain sensitive for up to six weeks post-surgery.

You can use the scar massage to help this and also lightly tap the area of your hand that is most tender, with the fingertip of your other hand, additionally stroke different textured materials over the sensitive area. These exercises will help to reduce the sensitivity.

If your sensitivity does not improve, contact the department who can advise you further.

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600 ext. 1237

Ward 3A: 0151 430 1520
Trauma Unit: 0151 430 1642

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

Discharge Advice Leaflet for Patients Discharged To Treatment Centre

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/formatkach.

Therapist: _____

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Department: Hand therapy
Document Number: STHK1451
Version: 001
Review Date: 01 / 05 / 2023

Dressing

If you have a dressing on your wound(s) please keep this clean, and dry. If you are confident to do so, this can be removed at 10 days, otherwise please contact your local treatment centre for an appointment to remove your dressing at about 10 days. Please see separate leaflet for contact numbers for your local treatment centre.

If you have any of the following problems, please contact the ward where you were admitted:

- 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 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.

Exercises

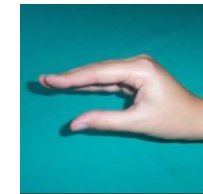
It is important to complete your exercises in order to regain range of movement and return to full function. You can start these exercises immediately.

- 1) Thumb range of movement, touch your thumb to each fingertip as demonstrated and then straighten thumb.

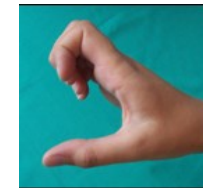


Exercises continued...

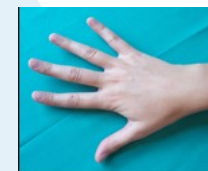
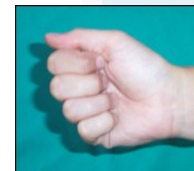
- 2) Bend your knuckles keeping your fingers straight as shown



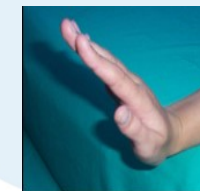
- 3) Bend your fingers keeping your knuckles straight, as shown



- 4) Make a full fist as shown and then open your hand spreading your fingers apart as shown.



- 5) With your wrist over the end of the table, let your hand drop down as far as possible and then lift up, keeping your arm on the table as shown.



Repeat each of these exercises 10 times. If you cannot manage this, increase the number of repetitions each time until you can manage. Repeat 4 times a day.