

## Support following discharge

Should you require on-going support following surgery or have questions, please feel free to contact Ward 3A (Plastic Surgery Unit) for advice.

**Ward 3A (Plastic Surgery Unit) contact number is: 0151 430 1520**

Other contact numbers:

**Dressing Clinic 0151 430 1285**

Please use the numbers below if:

- You wish to speak to a Physiotherapist
- If have problems with your splint

**0151 426 1600 and ask the operator for extension 2243 or bleep 7275**

If you are receiving care from Community Nurses, the Out of Hours Community Nurse contact numbers for your area can be obtained from your GP surgery.

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



# Going Home after Replantation Surgery

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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## What do I need to know about my food or diet?

- **Do not eat or drink any foods with caffeine for 6 months**  
This includes coffee, tea, chocolate and fizzy drinks
- **Do not drink alcohol for 3 months**
- **Do not take unprescribed drugs**
- **Do not smoke.** This includes any kind of cigarette, cigar or pipe tobacco, e cigarettes, nicotine patches. Keep away from cigarette smoke

**Caffeine and smoking narrow your blood vessels thus reducing the blood supply to your fingers and limbs. Alcohol can swell your blood vessels.**

This affects your circulation and keeps blood from flowing to your fingers and limbs.

## How should I care for my injured fingers or limb?

- Keep your injured limb raised when resting. You can use pillows or cushions for this, doing this lessens or prevents swelling
- **Do not use a sling.** Keep your hand raised when you walk by using your own arm strength
- Exercise your injured limb either at the elbow or shoulder (dependant upon injury) at least 4 to 5 times each day
- Keep your injured limb covered and warm in cold temperatures. Letting it become too cold can cause you a lot of pain
- Be careful when using your limb to touch something hot. While you are healing you will not have as much feeling in your limb. You may not feel the heat and burn yourself

## How should I care for my wound?

- It is important to keep your wound site/s clean and dry
- Watch your wound for signs of infection (refer to last section of this leaflet)
- **Please ensure hands are cleaned thoroughly if you or someone else needs to touch your wound at any time**
- If a Community Nurse is changing the dressing do not remove the dressings yourself
- If necessary, please take your painkillers at least 45 minutes before you clean your wound/visit from the Community Nurse to help your pain relief during the dressing change. If you have been given antibiotics to take please finish the course

## How should I care for my splint?

- Keep your splint clean and dry
- You can wash your splint with cool soapy water and dry with a towel. Keep your splint away from heat or hot water as heat can damage the splint

## Call the ward or go to the nearest Accident & Emergency Unit if:

- Your swelling gets worse, even when your hand or limb is raised
- The redness around your wound site/s gets worse
- Your fingers become blue or white
- Your pain or tenderness gets worse, even after taking pain medication
- Your temperature rises above 38<sup>0</sup> C and you feel chilly
- You have pus (yellowish liquid) coming from your wound/s.