



Royal Orthopaedic Hospital NHS Foundation Trust Patient Information

Post Hand Surgery

Welcome to the Royal Orthopaedic Hospital (ROH).
For further information please visit www.roh.nhs.uk

Please follow the advice below after your hand surgery:

1. Elevate your hand in a sling whilst mobilising and on a pillow when sitting or in bed.
2. Do not allow your hand to hang down by your side.
3. If you experience pain, numbness, tingling, excessive swelling, discharge through your dressing or discoloration of the fingers, in the first instance please contact the Outpatients Department. outside of opening hours, please contact the hospital switchboard and ask for the Sister on call for the hospital.
4. If you fail to make contact with the hospital and you believe you have any of the above symptoms, please seek advice from your nearest Accident and Emergency Department or your GP.
5. Keep the dressing dry. Try not to disturb the dressing until:
6. Do not partake in heavy manual work until you have been seen at your next appointment.
7. Take painkillers as prescribed.
8. If you are instructed to wear a sling, please ensure you remove your arm from the sling every 1 to 2 hours and exercise the shoulder and elbow to prevent them from getting stiff. Also remember to wriggle your fingers.

Contact Numbers

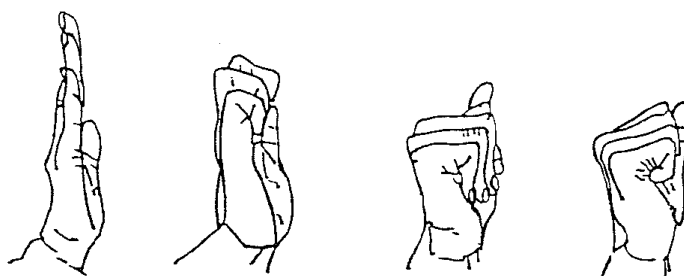
Outpatients: 0121 685 4040
Or
Via Switchboard: 0121 685 4000 ext. 55602

Monday – Thursday 8.30 am to 4.30 pm
Friday 8.30 am to 12.30 pm

The named nurse who attended you in clinic is: _____

Finger Exercises

Starting from the Straight position do 10 repetitions of each type of fist shown below:



Ensure that you attend your outpatients appointment. If you are unable to attend please telephone the nursing staff in clinic