



Royal Berkshire  
NHS Foundation Trust

# Advice following arm or hand surgery on the Adult Day Surgery Unit

Information for patients

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**This leaflet will give you advice on how to look after your arm or hand following surgery. If there is anything you do not understand or if you have any questions or concerns, please feel free to discuss them with your nurse.**

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## **Aftercare advice**

- Avoid strenuous exercises until your wound has healed but ensure you continue to exercise your fingers. Continue to move the fingers *except* for those that may have been splinted for protection following surgery.
- Do not carry heavy weights or do any lifting until your wound has healed.
- For the first 2-3 days following your surgery, keep your arm up in a sling during the day and support it on pillows at night.
- If you have pain or discomfort, take painkillers as required.
- Keep the dressing dry until the stitches are removed. Cover the dressing with a plastic bag or waterproof material when you shower or bathe.

- Tick as applicable*
- After \_\_\_ days, remove the bandages, leaving the white dressing in place until you are seen at your follow-up appointment.
- Leave all the dressings on until you attend your follow-up appointment.
- Please make an appointment with the nurse at your GP's practice on \_\_\_\_\_ for
- \* Reduction of dressing / wound check or
  - \* Removal of stitches
- \* *Delete as appropriate*

## **Additional instructions**

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## **During the first 24 hours following your discharge**

If you have any further concerns about your orthopaedic surgery, please telephone Redlands Ward on 0118 322 7485.

Alternatively, for emergencies only, please telephone the Royal Berkshire Hospital switchboard on 0118 322 5111 and ask for the on-call orthopaedic doctor.

After 24 hours, please seek advice from your GP

To find out more about our Trust visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

**Please ask if you need this information in another language or format.**

RBFT ADSU, November 2023

Next review due: November 2025