

Patient information

Post-Operative Advice Following Fasciectomy

Therapies Department

Name:.....

Hospital Number:.....

Elevation

- Keep your hand elevated (raised) above the level of your head as much as possible. Sleep with your hand on several pillows at your side to help reduce swelling

Dressings

- The bulky bandage is to stay on until your first outpatient therapy appointment. The dressings will then be reduced to commence finger movement.
- It is important to keep your dressing dry to help promote wound healing and reduce the risk of infection.

Pain Relief

- Ensure you take adequate pain relief as directed by the ward nursing staff.

Therapy

- You will be attending occupational therapy and physiotherapy following discharge.
- You will need to attend on a regular basis, usually two appointments a week. This is for wound care, finger exercises, stretches and to mould a splint to be worn at night to help straighten your affected finger.
- It is recommended that you eat something before your initial therapy appointment, as people have found this can make them feel better during the session, such as when the wound care is being carried out.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further information

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Therapies Department

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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