

Patient information

Upper Limb Surgery

Elective Orthopaedics

Introduction

This leaflet has been produced by the Broadgreen elective orthopaedic physiotherapy team to help you understand the information you will need to adhere to post operatively.

Advice

Post-operative swelling is a common side effect following surgery. It is a normal part of the healing process and usually peaks in the first days or weeks after surgery, gradually subsiding over time. To manage swelling we recommend you elevate and apply ice to your joint. You can do this by elevating your limb on pillows and if using ice, please ensure the ice is fully enclosed to ensure there is no leakage onto dressings.

After your surgery, a dressing will be covering your wound. It is important to not get it wet. Your therapist will discuss washing with you.

Sleeping is an important part of your recovery. We recommend you support your arm by placing pillows underneath and behind your arm. You may also need to sleep in a sling.

Pain after an operation or surgery is normal. It is known as acute pain and can be lessened with pain medicines. Your surgeon will prescribe or recommend pain medication for you to take regularly after your procedure. Please ensure to take regular rest and pace your activities. This will allow you to perform your daily exercises and get into a good new routine post operatively.

Restrictions

General restrictions:

Weight Bearing (pushing through your arms)

Post-operative weight bearing is an important factor for healing and recovery. Your therapist will state below the weight bearing time frame you need to follow.

Non weight bearing ☐ (No pushing through arms at all)

Fully weight bearing ☐ (Able to push through arms based on your pain)

Other ☐

Driving

Driving after surgery can vary depending on the type of surgery you've had and your individual recovery.

Your surgeon will offer guidance based on your healing progress and any medication you're taking.

It is also recommended you liaise with your physiotherapist during your rehabilitation for further advice re. returning to driving.

The DVLA website states if you've had an operation and you're still unable to drive three months later, you must inform the DVLA.

Exercises

Your therapist will give you a separate patient information leaflet for this. We recommend you please complete your exercises four times a day, ten repetitions at a time. You may want to reduce or increase this based on your pain symptoms. Please remember to time your pain relief approximately 20 minutes prior to this.

Outpatient Physiotherapy Follow up

You will be offered various locations to attend your physiotherapy follow up if follow up is needed.

Your therapist has decided your follow up will be in approximately () weeks.

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

Inpatient Elective Orthopaedic Therapy Team

Contact number: 0151 282 6260

Broadgreen Outpatient Admin Team

Contact number: 0151 282 6381

Aintree Outpatient Admin Team

Contact number: 0151 529 3335

Author: Therapies Department

Review date: November 2027

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

يمكن توفير جميع المعلومات المتعلقة بالمرضى الموافق عليهم من قبل انتمان المستشفى عند الطلب بصيغ أخرى، بما في ذلك لغات أخرى وبطرق تسهل قراءتها وبالحروف الطباعة الكبيرة وبالصوت وبطريقة برايل للمكفوفين وبطريقة مون والإلكترونية.

所有經信托基金批准的患者資訊均可以其它格式提供，包括其它語言、易讀閱讀軟件、大字體、音頻、盲文、穆恩體 (Moon) 盲文和電子格式，敬請索取。

در صورت تمایل می‌توانید کلیه اطلاعات تصویب شده توسط اتحادیه در رابطه با بیماران را به اشکال مختلف در دسترس داشته باشید، از جمله به زبانهای دیگر، به زبان ساده، چاپ درشت، صوت، خط مخصوص کوران، مون و بصورت روی خطی موجود است.

زانیاری پئوه‌ندیدار بهو نه‌خوشانه‌ی له‌لایین تراسته‌وه په‌سهند کراون، نه‌گمر داوا بکرنیت له فورماته‌کانی تردا بریتی له زمانه‌کانی تر، نیزی رید (هاسان خویندنه‌وه)، چاپی گموره، شریتی دهنگ، هیلی موون و ئیلیکترۆنیکی هه‌یه.

所有经信托基金批准的患者信息均可以其它格式提供，包括其它语言、易读阅读软件、大字体、音频、盲文、穆恩体 (Moon) 盲文和电子格式，敬请索取。

Dhammaan warbixinta bukaanleyda ee Ururka ee la oggol yahay waxaa marka la codsado lagu heli karaa nuskhadda kale, sida luqadda kale, akhris fudud, far waaweyn, dhegeysi, farta braille ee dadka indhaha la', Moon iyo nidaam eletaroonig ah.