

FREQUENTLY ASKED QUESTIONS

HAND SURGERY



Quality surgery in the community

When can I drive?

DO NOT DRIVE until the removal of stitches at 2 weeks post operation.

Do I need someone to take me home after the operation?

We would like someone to take you home, alternatively you could get a taxi. Public transport is not advisable.

Can I have my stitches removed at my GP Practice ?

No, our policy is to have your stitches removed by the clinicians at N2S.

When can I bathe or shower?

You should cover your bandage securely with a plastic bag in order to bathe or shower.

Can I have my stitches removed earlier or later than instructed?

No, they must be removed **14 days** after the operation; too soon and the wound might not fully heal, too late and the stitches can become too tight.

When can I go swimming?

Avoid swimming for three weeks post operation.

When can I resume sports activity?

Avoid sporting activities for at least 6 weeks

How long do I need to stay at home from work?

The length of time depends on the type of work you do. N2S can issue a sick certificate for 2- 4 weeks, this must be signed by the surgeon so please prompt the team on the day of your operation.

Will my hand be painful?

When the anaesthetic wears off your hand will be throb; this is normal .Take painkillers (eg. paracetamol) regularly for the first 48 hrs as directed on the packaging.

OTHER ADVICE

- You can remove the outer bandage 2-3 days after your surgery, but the sticky dressing needs to remain in place until you have had your stitches removed **14 days** post operation.
- Should the dressing become loose or wet, replace with a similar breathable dressing. These are easily available at high street pharmacies.
- You will be shown hand exercises after your operation. After the removal of the outer bandage you should try and make a fist. Continue with hand exercises until after your stitches are removed, at which point you will be given further exercises to do.
- After your stitches are removed you should massage the wound with Bio Oil or E45 cream 4 times per day to aid healing.
- You will receive a telephone review 6 weeks post operation – it is important you're able to take this call so that we can discharge you/arrange for any further treatment appropriately.

PLEASE REMEMBER IT CAN TAKE UP TO 6 MONTHS FOR YOUR HAND TO FULLY HEAL