How long should I leave the dressing on my hand?

You should leave the dressing undisturbed until you return to the Orthopaedic Clinic. In some cases it may require changed 24 - 48 hours after surgery. The Day Surgery staff will tell you before you go home.

I noticed some blood on the dressing. Is this normal?

Yes, slight bleeding is normal. If you are bleeding continuously, apply firm pressure over the bleeding point and sit with your hand raised. If bleeding continues, contact either the hospital or your family doctor (GP).

I find that my hand sometimes ‘throbs’. What should I do?

Whenever possible, you should rest your elbow on a comfortable surface with a cushion or pillow. You should raise your hand higher than the level of your elbow by around six inches.

Will I be able to use my hands as normal?

Yes, but you should carry out your arm and finger exercises as instructed.

When will my stitches be removed?

These will be removed when you return to the Orthopaedic Clinic.

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