



James
Henderson

MA MB BChir MRCS FHEA MD Eur Dip Hand Surg FRCS (Plast)

**Consultant
Plastic, Reconstructive
& Hand Surgeon
Bristol**





MA MB BChir MRCS MD FHEA
EurDipHandSurg FRCS(Plast)
Consultant Plastic, Reconstructive & Hand Surgeon
Honorary Senior Lecturer, University of Bristol



After hand surgery

Elevate your hand. **This is extremely important.** You may be in a special sling to make this easier, that can be hung up whilst you are in hospital. Once you're at home, this is less easy, but still very important. Elevating your hand to higher than your heart reduces swelling, bruising, stiffness and scarring. This means that you will be less sore, and will return to normal function sooner. Elevation is probably the best way to reduce postoperative pain.

You may be in a plaster cast- leave this on until you see the physiotherapist or Mr Henderson for follow up.

Sutures are usually absorbable (dissolving), and will fall out after two weeks or so- they often need a gentle wipe, or to be picked off, but fall away easily.

It is absolutely essential that you keep your physiotherapy and follow up appointments. Most patients achieve excellent outcomes, but this is dependant on doing the right exercises at the right times, and these can seem to be counter-intuitive, so you need to be shown what to do.

If you have any problems during the initial (healing) phase, then please call Spire 24/7 on 0117 980 4074 for help.

If you have any concerns, questions, or would like a follow up appointment, please call or email my secretary; or via the website- www.jameshenderson.net