

## Pain Relief

- Any arm “block” will wear off in 12-24 hours
- Take the prescribed pain killers at regular intervals and do not skip doses
- Take Vitamin C (500mg) once a day for 50 days. This reduces the risks of complications

## Important Advice

- No smoking to allow healing
- Keep the visible / unbandaged parts of your limb moving regularly to avoid stiffness in remaining parts
- Keep yourself as mobile and active as possible
- Stay well hydrated, with good nutrition
- Avoid alcohol due to interactions with medications and risk of injury
- Perfect diabetic control if appropriate

## In Case of Emergency

If you experience bleeding, tightness, excessive swelling, excessive pain or any signs of infection, please contact Mr. Grieve's office at 01 969 6543 from Monday to Friday 08.00-17.30 or Blackrock Clinic at any time at 01 283 2222. Alternatively go directly to your local emergency department for emergency treatment, and request that they contact Mr. Grieve as soon as possible.

## Elevate the Limb

- Keep arm elevated above the heart (30cm) for at least three days or until the operation site no longer throbs. Throbbing pain should stop after 3-5 days

## Dressing

- Remove bulky bandage in 48-72 hours, leave sticking plaster on.
- Keep all dressings in situ until you are seen at the follow up in clinic by Mr. Grieve or in the Hand Therapy department
- Keep your dressing clean and dry, avoid activity that may disturb or aggravate the area.

## Follow Up

Your follow-up appointment will be with  
HAND THERAPIST in 3 - 5 - 7 - 10 - 14 Days  
MR. GRIEVE in 7 Days 1/52 2/52 4/52 6/52

Follow up will be arranged by physiotherapy or Mr. Grieve's office. You will be contacted with date and time in due course. You may need an x-ray on the day of your post-op appointment, this may need to be done with the splint/cast removed. You will be informed before time.