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## **Instructions for Patients having surgery when plaster left on arm**

- 1) Patient should elevate arm above heart as much as possible first 7 days. A sling does not get enough elevation. It should be near ear- easier resting elbow on window pane in car, back rest of sofa- when lying flat or on pillows resting against chest when flat in bed.
- 2) Should arm or hand become increasingly painful, which is not settling with rest and elevation, then contact me ASAP on number below or if no response then go to casualty department of major hospital ASAP
- 3) After discharge, ring Debbie on 8376 9988 for an appointment for follow-up approximately 10-14 days after surgery.
- 4) Patient to be encouraged to move digits left free as pain allows as soon as possible.
- 5) Usually pain improves on a daily basis, but patient to rest at home and slowly do more each day. **If however pain suddenly increases, wound swells or redness or fluid discharges, please contact me ASAP- pager available on 8378 2179.**

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