

GLENELG
ORTHOPAEDICS



Arm in Plaster

Instructions for Patients

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suddenly increases, wound swells or redness or fluid discharges, please contact me ASAP- ph 8376 9988 or after hours pager available on 8378 2179.

1. Patient should elevate arm above heart as much as possible for first 7 days. A sling does not get enough elevation. It should be near your 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. Do not replace rings on hand of plastered arm as fingers may swell.
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 the 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**