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**DISCHARGE ADVICE  
FOLLOWING UPPER LIMB SURGERY**

**AIMS to:**

- Control pain
  - Minimise swelling
  - Reduce risk of infection of wound
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- Your wound has had a long-acting local anaesthetic injected into it. There may be some discomfort when this wears off. Take the analgesia recommended, at regular intervals as instructed. You may require analgesia for at least 48 hours or longer.
  - After surgery your limb requires rest and elevation to minimise swelling. Elevate your limb in the sling provided when walking so that your hand is elevated at heart level.
  - While sitting you may like to elevate your limb on a pillow, thus reducing swelling and aiding the healing process.
  - Your dressing has been applied in theatre in a sterile environment and must be kept clean and dry. This dressing should not require changing. It is very important you keep it clean and dry for at least five days or as instructed.
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- When showering, wrap the dressing in a taped up plastic bag or plastic cling wrap. **Do not** direct water over the wound. However should the dressing get wet, remove it, apply an antiseptic then reapply another clean, dry dressing. If a plaster back slab or metal splint has been used by the surgeon as part of the dressing do not remove the dressing. If you have any doubts contact your Surgeon's rooms.
  - Should your wound become excessively swollen, hot, have excessive fluid discharge or become very painful, contact your Surgeon or your local GP as soon as possible.
  - Your upper limb/fingers should remain pink, have minimal swelling and sensation will return. If you have any concerns that your fingers have diminished function once the local anaesthetic wears off, contact your Surgeon. If unable to contact your Surgeon, please ring the Murdoch Surgicentre for advice between 0800 - 1700hrs weekdays. If you are unable to contact the Murdoch Surgicentre, please attend your local doctor or nearest Emergency Department.
  - Make an appointment to see your Surgeon as specified. He will discuss your operation findings and review your dressing at this appointment.
  - The day following your surgery a member of staff from the Murdoch Surgicentre will telephone you at home to answer any questions you may have.

**If you seek medical treatment in relation to your surgery at the Murdoch Surgicentre, in the first 30 days post operatively, could you please contact The Clinical Operations Manager on 9366 1336.**