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Further sources of information

NHS Choices: www.nhs.uk/conditions
Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net. This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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INFORMATION FOR PATIENTS**Injured hand****Emergency Department****King's Mill Hospital**

Mansfield Road
Sutton in Ashfield
Notts NG17 4JL

Telephone: 01623 622515, extension 2789

Newark Hospital

Boundary Road
Newark
Notts NG24 4DE
Telephone: 01636 681681

It is important that you keep your hand and fingers moving so that the pain and stiffness do not get any worse.

Keep your hand raised if it is swollen.

Take simple painkillers for the first few days (e.g. paracetamol and/or ibuprofen – always read the label for dosage instructions) if you feel you need help with the pain.

Apply ice to ease pain, swelling and bruising. **Method** - wrap a bag of frozen peas or crushed ice in a damp towel. Place around the elevated hand/finger for 10-15 minutes. Repeat four to six times a day for 48-hours after injury.

Caution: Ice can cause a burn – wrapping the ice pack in a damp towel will protect your skin.

Try to do the following simple exercises every hour (the motto is little and often throughout the day):

- Make a fist and then stretch your fingers out straight, 10 times.
- Touch your thumb to each fingertip in turn and then slide it down each finger, 5 times.
- Bend your wrist forwards and backwards, 10 times..

- Tuck your elbow into your side and turn your palm upwards and downwards, 10 times.

- After 72 hours, try to use your hand normally as soon as possible.

Do not return to any active hobbies until your hand has regained its full strength.

Please see your GP as soon as possible if you feel the movement in your hand or the pain/swelling worsens.