

# Herts Valleys Integrated Musculoskeletal (MSK) Service

## Hand Therapy appointments after surgery A patient guide

### Our service

Connect provide a large integrated MSK Service on behalf of the NHS across multiple locations in West Hertfordshire. We accept referrals from any hospital (providing your registered GP practice is within the Herts Valleys CCG catchment area), local GP's and other community services.

Connect Health's specialist services cover:

- Physiotherapy
- Hand Therapy
- Podiatry
- Orthopaedic (CATs)
- Pain Services
- Chronic Fatigue Syndrome Services
- Rheumatology
- Postural Stability

Having Hand Therapy after your hand injury or surgery will speed up and maximise your recovery. The duration and frequency for which you will require Hand Therapy will depend on the severity of your injury or surgery. To help us give patients the best possible care, we pre-book your 1st Hand Therapy appointment. It is very important you attend this appointment.

Your first hand therapy appointment is booked for:

TIME

DATE

LOCATION

At your first Hand Therapy appointment the Hand Therapist will remove your dressings and/or cast and depending on your surgery may need to make you a Thermoplastic splint. You will have clean dressings re-applied after the wound has been cleaned. You may be given exercises at this first appointment. It will typically last 60 minutes.

## Post-surgery information

This following information applies to patients who have undergone surgery on their hand or wrist.

It explains how to look after your hand after your operation until you come to your Hand Therapy appointment. These are general guidelines and therefore can change depending on your individual circumstances and surgery.

### Dressing

- Do not take your dressing off before your first appointment
- Do not get your dressing wet or dirty as it increases the risk of you developing an infection.
- To keep the dressing dry while washing or showering you can put your hand in a large plastic bag without any holes. Put tape around the open end to stop water getting in.

### Splints or plasters

If you have a splint or anything hard which is stopping you from moving a part of your hand or forearm, do not take it off before you come for your first Hand Therapy appointment.

- The splint is there to protect the surgery that you have had done and by removing it you could rupture/ break the repair.

### Follow up appointments

The follow up appointments with your Hand Therapist will depend on the surgery you have had. These will be to check your wound, make any adjustments to your splint, control any swelling and teach exercises appropriate to the surgery you have had.



If you would like to discuss your referral in more detail, please phone Connect on **01442 913356**



Further advice and guidance can be found online via **[hertsvalleys.connecthealth.co.uk](https://hertsvalleys.connecthealth.co.uk)**