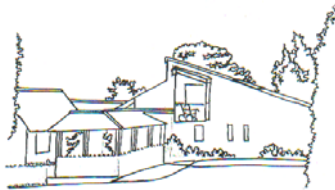


- ⇒ If your condition does not improve or gets worse, please contact the surgery during opening hours on 01948 860205.
- ⇒ If you require information or advice which is non-urgent, you can telephone NHS Direct, a 24 hour advice line, on 0845 46 47.
- ⇒ **OUT-OF-HOURS COVER:** Medical advice is always available for emergencies at night, weekends and all bank holidays. If you require advice urgently, please call 01948 860205. The recorded message will give you the number to call for the GP Out of Hours Service.
- ⇒ **EMERGENCIES:** In the event of a serious problem, such as chest pain or collapse, call 999 immediately.

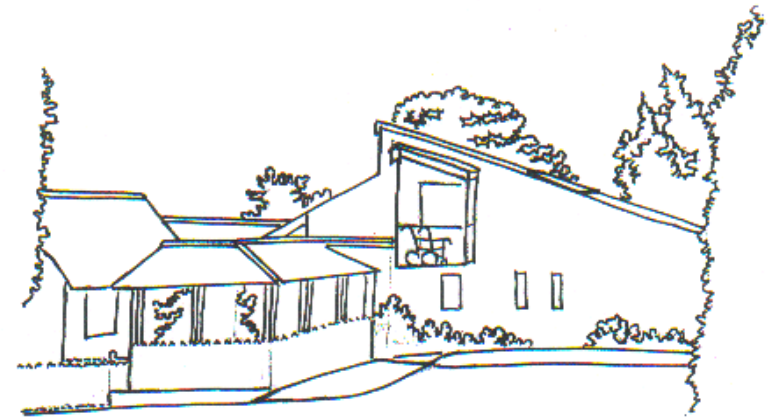


Laurel Bank Surgery  
Malpas  
Cheshire SY14 8PS



Phone: 01948 860205  
Fax: 01948 860142

**AFTER-CARE ADVICE ON  
HAND INJURY**  
LAUREL BANK SURGERY  
MALPAS, CHESHIRE SY14 8PS



**Tel: 01948 860205**

**Fax: 01948 860142**



## Hand Injury

The most important aim is to regain the full use of your hand, therefore it would help to follow certain guidelines:



- ⇒ Keep your hand elevated whenever possible - ideally above the level of your heart
- ⇒ Exercise your fingers regularly - at least 2 minutes every half hour. Squeezing a soft ball is helpful, as is straightening and spreading out your fingers.



## Hand Injury

- ⇒ Carry out light activities such as writing or holding an object as much as possible, but avoid heavy lifting or pulling. Do not drive until you are pain-free and have full range of movement.
- ⇒ Avoid sports until your hand is free from pain
- ⇒ Don't place rings on our fingers until all the swelling has gone
- ⇒ If you need to replace any finger strapping, ensure that you finger joints can move freely.