

## Discharge advice following attendance with a hand fracture

- You have a minor break of a bone in your hand and most of the pain will usually settle within three weeks.
- It may take six weeks or longer before your hand returns to normal.
- Finger strapping may help the pain and allow early movement.
- As the break is close to the joint you must move your hand as soon as possible within the limits of discomfort.
- After one week remove the strapping.
- Use your hand as normally as possible. This will not cause further damage, but heavy lifting may be sore for six to eight weeks.
- Your hand grip will return to normal when the discomfort settles
- As the bone heals a lump may form at the break site, and sometimes the knuckle may not be as prominent.
- Should you have any worries or concerns following discharge from the hospital, please contact: 07786 113057. This is a Monday – Friday service and we will try to get back to you as soon as possible. However, if it is an emergency please go back to A&E for further advice/treatment



Should you have any further concerns following discharge from hospital, please contact 01633 234858 or 234891