

Goole Surgical Treatment Centre



Hand Surgery Day Surgery Unit



*Welcome and thank you for making
Goole Surgical Treatment Centre your first choice*

Introduction

You have been referred to the Day Surgery Unit for hand surgery, some of the procedures performed are as follows:

Carpal tunnel decompression

Decompression of a nerve in the wrist, which is compressed (squashed) having caused pain, pins and needles and/or numbness.

Trigger finger release

Pain, snapping and possibly restricted finger movement caused by a nodule on a tendon, which is surgically released.

Dupuytren's contracture

Release of the palms soft tissues, which have tightened and shortened having causes a 'curling' of the fingers.

Removal of ganglion

Surgical removal of a common soft tissue 'lump' usually found on the hand, wrist or fingers.

These procedures are performed either by a general anaesthetic or local anaesthetic (by freezing' the area with a series of small injections)

What are the benefits of surgery?

You should be relieved of the associated symptoms:

Carpal Tunnel Decompression - relief of pain

Trigger Finger Release and Dupuytren's Contracture- relief of pain and improved mobility of the fingers

Removal of Ganglion - relief of pain and cosmetic.

Are there any Alternatives to this Surgery?

Alternatives can be discussed with your surgeon.

Risk of Surgery

As with any operation, there is a risk of complications from the surgery and with the anaesthetic. However, the risk is very small.

Bleeding may occur from the wound site. If so, apply pressure and if the bleeding persists, seek advice.

There is a slight risk of your wound becoming infected, if you experience redness, excessive tenderness or persistent oozing, seek advice.

Discomfort following surgery this is common, please ensure you have adequate painkillers at home.

Effects of surgery and anaesthetic

Nausea

If you experience this following surgery, drink plenty of fluids and take light meals.

Headache

This is not unusual following a general anaesthetic. Simple painkillers will help to relieve this.

Following a general anaesthetic please arrange:

- An adult to escort you home and care for you for the first 24 hours.
- Not to use machinery, cook, or sign documents for 24 hours.

Please remember

Time off work (usually at least two weeks).

Adequate painkillers to take at home.

Not to drive for 2 weeks, or as advised.

Before you arrive

Prior to your admission you will have been advised when to stop taking diet and fluids.

Please have a shower or bath before coming to the Day Surgery Unit.

We request that you do not wear make-up, nail-varnish or jewellery (except for wedding ring). If you are having surgery on your **left** hand please remove your wedding ring.

Please bring any medication that you normally take (even if infrequent), a dressing gown, slippers and a book or magazine to read.

Please leave valuables at home.

What will happen when I come in for my surgery?

Please report to the reception desk. You will be asked to wait in the waiting area.

A nurse will prepare you for your operation.

You will be asked to wear a theatre gown (a locker is provided for your clothing) and your blood pressure will be taken.

Please tell the nurse if you have any medical changes or change of social circumstances.

The surgeon will come to see you, mark the operation site and take your written consent for your operation. You will wait for your surgery in a mixed sex seated area.

When it is time for your surgery the nurse will walk with you to the anaesthetic room.

After the surgery

If you have had a general anaesthetic, you will wake up in the recovery suite.

When you are fully awake you will be transferred into the recovery lounge (seated area). Light refreshments will be provided.

Your hand will be bandaged to protect the wound, under which will be a dressing to cover the stitches.

Your hand and fingers may feel numb, gradually the sensation of pins and needles follow and the return of normal sensation.

You may feel some discomfort, if so, the nursing staff will give you prescribed pain relief on request.

When you are adequately recovered the nurse will provide you with discharge advice, answer any questions that you may wish to ask and arrange for you to go home.

At home

You may require painkillers after the effects of the anaesthesia has 'worn off'. A sling will be provided to be worn as advised. Elevate your hand on a pillow whilst sitting.

To encourage circulation, wriggle your fingers and begin gentle use of your hand. Keep the wound clean and dry.

The outer bandage should be removed 48 hours following your surgery by your GP's practice nurse or the hospitals orthopaedic clinic nurse.

A 7-14 day outpatient appointment will be sent to you by post to review your surgery and remove the stitches.

These instructions may differ according to Consultant preference, you will be advised of this before your discharge.

If you have any problems after your surgery please contact one of the following:

- Day Surgery Unit Tel: 01724 290040 (08:00-20:00 Mon-Fri).
- Your own GP

Concerns and Queries

If you need further assistance, the Patient Advice and Liaison Service will be able to help. They can be contacted on:

Goole & District Hospital

PALS Administration Manager 01724 290172
or by email: pals@nlg.nhs.uk

Confidentiality

Information on NHS patients is collected in a variety of ways and for a variety of reasons (e.g. providing care and treatment, managing and planning the NHS, training and educating staff, research etc.) It is stored on paper and on computerised systems in line with the Data Protection Act 1998. Everyone working for the NHS has a legal duty to keep information about you confidential.

Information will only ever be shared with people who have a genuine need for it (e.g. your GP or other professionals from whom you have been receiving care) or if the law requires it, for example, to notify a birth.

Please be assured however that anyone who receives information from us is also under a legal duty to keep it confidential.

Zero Tolerance - Violent, threatening and abusive behaviour

The Trust and its staff are committed to providing high quality care to patients within the department. However, we wish to advise all patients/visitors that the following inappropriate behaviour will not be tolerated:

- Swearing
- Threatening/Abusive Behaviour
- Verbal/Physical Abuse

The Trust reserves the right to withdraw from treating patients whom are threatening/abusive/violent and ensuring the removal of those persons from the premises.

All acts of criminal violence and aggression will be notified to the Police immediately.

Risk Management Strategy

The Trust welcomes comments and suggestions from patients and visitors that could help to reduce risk.

Perhaps you have experienced something whilst in hospital, whilst attending as an outpatient or as a visitor and you felt at risk. Please tell a member of staff on the ward or in the department you are attending/visiting.

Contact Number: 01472 290040



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