Sydney Hospital Hand Unit is a specialist service offering multi-disciplinary care, treatment and rehabilitation for people with hand injuries and diseases. We believe in providing the best care possible and in supporting our patients to make the best recovery they can. If you have any questions or concerns about any aspect of your condition, treatment or rehabilitation, please talk to us when you come for appointments or phone us on 9382 7201.

Special instructions from your treating doctor:
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________________________________________________________________________
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Taking care of your hand
• To prevent or reduce swelling, keep your hand raised above heart level either in a sling, when out and about, or on pillows when at home (see pictures to the right).
• Do not remove the dressing (bandages) or the splint on your hand until your follow-up appointment in the hand clinic, unless the staff advise you otherwise.
• Some people need to have their dressing changed often. Staff will tell you if you need this and they will give you instructions about what to do.
• Keep the dressing dry. If the dressing gets wet please arrange to have the dressing changed as soon as possible at your local medical centre or at Sydney Hospital Emergency Department.

Exercises
• Raise the affected arm above your head and behind your neck at least 5 times a day. This helps prevent stiffness in your shoulder and elbow (see pictures to the right).
• Your hand therapist or doctor will explain if you need finger or wrist exercises.
Follow up arrangements

Hand clinic
When you are discharged from hospital you will be given an appointment to come to the hand clinic to be reviewed by the hand surgeons.

It is important to attend follow-up appointments so that your hand continues to be cared for properly. Please phone us if you can’t get to your appointment so we can arrange another time. Phone 9382 7201 from 1pm to 4pm, Monday to Friday.

Hand therapy
Many people need hand therapy before they come to the Hand Clinic. If you need hand therapy staff will explain this to you and give you an appointment before you are discharged from the hospital. This appointment will be at Sydney Hospital Hand Therapy or a hand therapy service closer to your home.

If you have any questions about hand therapy phone 9382 7202.

Coming to appointments
When you come to the Hand Clinic and for hand therapy, your treatment may take several hours. This is because doctors, nurses and hand therapy staff need to assess your progress and make sure that your treatment and rehabilitation is best for your specific needs.

We try to see everyone on time but the Hand Clinic is very busy and we often have emergency cases. This means you may have to wait for a long time. We know this can be frustrating and we will do everything we can to let you know how long you will have to wait. Thank you for your patience and understanding.

Where to find us
Both the Hand Clinic and the Hand Therapy Department are located on level 2 of Sydney Hospital. Turn right out of the lift. Please book in at the reception desk on arrival.

Tell us if you need an interpreter
All patients and their families have the right to free, confidential and professional interpreter services. Staff can arrange this for you if they know in advance, so please tell us if you need an interpreter.

Phone the Translating and Interpreting Service (TIS) on 13 14 50 if you would like to speak to hospital staff over the phone using an interpreter.

TIS is a free and confidential government service available throughout Australia. The call is that of a local call.

Contact the Hand Unit if:
• You have constant or throbbing pain that is not helped by raising your hand or by taking simple painkillers
• Your hand or arm swells up, turns blue or goes numb
• Discharge from the wound is coming through the dressing
• You develop a fever

If you are worried please phone ward staff on 9382 7198 or Sydney Hospital Emergency Department on 9382 7111.