

# THE HAND DOCTOR PRACTICE

## Consultant Hand Surgeons

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## SURGERY

### Information for patients

[www.thehanddoctorpractice.co.uk](http://www.thehanddoctorpractice.co.uk)

**This information leaflet has been set up for the Hand Doctor Practice surgery patients**

The location and timing for your surgery has been/will be confirmed with the office. You will receive a detailed email with all the information you need once your surgery is confirmed.

Important: If you have had Covid-19 recently the recommendation from several governing bodies is to delay surgery by at least 2-7 weeks since your recovery (depends on the symptoms that you had). Please advise your Hand Doctor / the office

**PLEASE** check your arrival time and hospital address and nil by mouth times if relevant

Proposed surgery date	.....	Anaesthetic
Surgery code	.....	local / sedation / general

## Hand Therapy Contacts

++ Hand Unit, Hospital St John St Elizabeth ++ Tel: 0207 806 4010  
[physiotherapy@hje.org.uk](mailto:physiotherapy@hje.org.uk)  
[www.hje.org.uk/physiotherapy-clinic/](http://www.hje.org.uk/physiotherapy-clinic/)

++ Hand Therapy Specialists ++  
Fortius Clinic Raelene or Sally  
(Marylebone, City & Wimbledon)  
Tel: 07528 000730  
[info@handtherapyspecialists.co.uk](mailto:info@handtherapyspecialists.co.uk)

++ Six Physio Hand Clinics ++  
Moorgate, Kensington, Chelsea & Fitzrovia Tel: 0207 036 0286  
Book online [www.sixphysio.com](http://www.sixphysio.com)

++ London Hand and Wrist Unit ++  
Platinum Medical Centre OR  
280 Kings Road Tel: 0203 214 3617  
[handunit@hcahealthcare.co.uk](mailto:handunit@hcahealthcare.co.uk)

+ **Anne Garewal** Physiocentric  
Wimbledon Mon+Fri 0208 879 3608  
[info@physiocentric.co.uk](mailto:info@physiocentric.co.uk)

++ Pure Sports Med, City ++ Lauren/  
Gemma Tel: 0204 527 6325

+ **David Baker** - City Hand Therapy  
One Wellbeck, Chelsea + Highgate  
[www.cityhandtherapy.co.uk](http://www.cityhandtherapy.co.uk)

+ **Rachel Maccabee** -Bushey Spire  
Tel: 0203 933 5107

++ Cromwell Hosp - Hand therapy++  
Mon eve + Wed Tel: 0207 460 5749  
[physiotherapyreception@cromwellhospital.com](mailto:physiotherapyreception@cromwellhospital.com)

++ Clementine Churchill Hospital  
[physioadminch@circlehealthgroup.co.uk](mailto:physioadminch@circlehealthgroup.co.uk) Tel 0800 404 6660

## Office for

### The Hand Doctor Practice

E: [info@thehanddoctor.co.uk](mailto:info@thehanddoctor.co.uk)

T: 0208 150 8290

WhatsApp: 07772 310908

Mon-Fri 09.00-17.00

## Surgery information – what to expect?

Arrive to the hospital per the instructions sent by email

**Daycase patients:** You will be admitted to the day case surgery ward. You will then be taken to the operating theatre and discharged from the same room.

**Overnight patients:** Will be admitted as an inpatient. You will spend the night there and be discharged either the next day or when ready.

On admission you will meet a member of the nursing team who will do basic observations on you and ensure that your paperwork is in order. **Prior to surgery** you will meet your surgeon who will ensure that there is a pen mark indicating the site of your surgery and he will go through the consent process with you. You will also meet the anaesthetic doctor if you are having a general anaesthetic/sedation.

**It is very important** for your hands to be clean, all jewelry removed and ladies, no nail varnish.

The approximate time for your surgery (together with nil by mouth instructions if applicable) will be confirmed by our office a couple of days prior to your admission. **Please be aware** that the admission time will be **at least** two hours, **possibly** more, before your surgery. This ensures that everyone's surgery runs on time. It is not possible for the surgeon to leave the operating theatre to meet new arrivals in the admission lounge once the list has started.

Once in the operating theatre you can expect to go to sleep if you are having a general anaesthetic and you will wake up in the recovery room. If you are having a local anaesthetic this will be given by your surgeon in the operating theatre and the area that is being operated upon will be numb. Whilst your surgery takes place you are more than welcome to listen to music or bring a video or a laptop along and you can watch this while having the procedure

### Immediately after surgery

You will have a bandage or a small plaster. You may have a cannula or drip in the other hand or arm. This is used to give you anti-biotics/ painkillers or fluids. Private hospitals bill for simple pain killers so if you have a supply at home, please let your surgeon know and we will not supply them. We also recommend you buy a waterproof protector from LimbO as your wound site needs to be kept clean and dry for up to 2 weeks post surgery. (see [www.Limboproducts.co.uk](http://www.Limboproducts.co.uk))

You will see your surgeon after surgery and if you are having a general anaesthetic it is very useful to have a family member along as often much of what is said after the immediate surgical period is forgotten because of the remaining anaesthetic and strong painkillers in your system. A family member can take a message on your behalf.

**Of course**, like every other process, **we individualise your care** and this leaflet is really a broad summary of what to expect. Every case is treated individually. Please contact the office with any questions.

**Post op appointments:** You will need to see a specialist hand therapist after surgery; the appointments are to reduce dressings, begin mobilisation and remove the sutures. The office will advise on the timing of these appointments.

**If you are unwell with a cough, temperature, vomiting, diarrhea or any other infectious disease please contact us for advice**