

## Contact Details

If you have any questions please telephone the RUH Emergency Department on

**01225 824000 (day)**  
**01225 825015 (night)**

Royal United Hospitals Bath  
NHS Foundation Trust  
Combe Park, Bath BA1 3NG  
01225 428331 [www.ruh.nhs.uk](http://www.ruh.nhs.uk)

Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital.

Email [ruh-tr.PatientAdviceandLiaisonService@nhs.net](mailto:ruh-tr.PatientAdviceandLiaisonService@nhs.net)  
or telephone 01225 825656.

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## Hand Injury



## Hand Injury

It is important that you keep your hand and fingers moving so that the pain and stiffness do not get any worse.

1. Keep your hand raised if it is swollen
2. Take simple painkillers for the first few days (e.g. Paracetamol and/or Ibuprofen) if you feel you need help with the pain
3. Apply ice to ease pain, swelling and bruising

### Method:

Wrap frozen peas or crushed ice in a damp towel.

Place around elevated hand/finger for 10-15 minutes

Repeat 4-6 times a day for 48-hours after injury

**Caution:** Ice can cause a burn – wrapping the ice pack in a damp towel will protect your skin.

4. Try to do these simple exercises every hour (the motto is little and often throughout the day).

### Method:

Make a fist and then stretch your fingers out straight, 10 times

Touch your thumb to each fingertip in turn and then slide it down each finger, 5 times

Bend your wrist forwards and backwards, 10 times

Tuck your elbow into your side and turn your palm upwards and downwards, 10 times

5. Try to use your hand normally as soon as possible

### You should not:

Take off any dressings or take out stitches to try and make the exercises easier.

