

Just had hand
or wrist surgery?




*Our therapy
tips*



riverina
hand therapy

Our therapy tips

Let us know early. Therapy after surgery can assist with reducing swelling, managing pain, and making sure you are healing in the right position to protect your surgery. Make contact with therapy once you know your surgery date... or if it wasn't planned, make contact once you have been discharged from hospital. We will advise on when to start therapy. Earlier is better!



Manage your swelling. Letting your arm drop by your side all day can increase swelling. This can lead to increased pain and over time persistent swelling turns into internal scar tissue (which makes your movement stiff). Elevate your arm when you can if you feel any swelling.

Look after your wound. It is likely you will have sutures (stitches) in place. These need to stay dry. It's a pain to put a bag on your arm in the shower - we get it! We can change your dressing for you and advise you on when to get it wet, and how to change your dressing yourself. Avoid Betadine or baking your wound in the sun - not great ideas to heal your wound. Wounds that heal faster create less scar tissue.

If something doesn't feel right - give us a call. We work closely with the surgeons and can help you navigate the next step in the process.