

Hand Assessment Clinic (Adults)

Who is this leaflet for?

This leaflet is for patients who have been referred to the Hand Assessment Clinic. At this clinic, you will be seen and examined by a surgeon and a decision made whether surgery is necessary to treat your current hand problem.

What if I need surgery?

If the surgeon recommends an operation this will take place on the same afternoon or evening, or you may be asked to return on another day.

How do I prepare for it?

Most patients will have their operation on the same day, so please make sure that you finish your breakfast by **7am** on the morning of your clinic appointment. You can continue to drink water and clear fluids (squash, black tea or coffee) until **11am**. If you are on medication for diabetes, specific advice on medication, food and drink will be given to you.

Unless otherwise advised, please continue to take any regular medication as usual and bring a list of this medication with you.

We recommend that you do not drive yourself to your clinic appointment as if you do need an operation, you will not be able to drive yourself back home.

What should I bring with me?

Occasionally it is necessary to stay overnight in hospital. We recommend that you bring a few items (eg toiletries, underwear) with you if you think it will be difficult for a friend or family member to bring these to you.

You may be waiting some time between your clinic appointment and your operation (if needed) – please consider bringing a book, magazine or newspaper with you. There is Wifi available in the hospital but we are unable to take responsibility for any valuables that you bring in.

You may have the opportunity of listening to music whilst in the operating theatre. If you have any headphones, please bring these with you.

What happens afterwards?

If you have had an operation, you will need someone to drive you home.

If possible, please ensure that you have a supply of painkillers at home as you may need these after your operation. These can be bought from most supermarkets.

Contact us

For any queries or if you are unable to make your appointment, please contact the hospital switchboard on 01872 250000 and ask to be put through to the Hand Trauma Co-ordinator (Monday – Friday, 8am – 4pm).

For urgent concerns outside these hours please ring NHS 111.

Where to find us

Fracture Clinic, First Floor, Trelawny Wing, Royal Cornwall Hospital, Truro.

Please report to the Fracture Clinic reception on:

Date : **Time:**

If you would like this leaflet in large print, braille, audio version or in another language, please contact the General Office on 01872 252690