

## DISCHARGE INSTRUCTIONS: MINOR PROCEDURES OF THE UPPER LIMBS

To help you recover, the following information is recommended for wound care:

- Rest at home today
- Keep the operated limb elevated on a pillow to reduce swelling and pain
- Your primary-care provider will advise you when to resume normal activities, such as returning to work or sports
- Your provider may provide you a sling, please wear this to support your arm while you are up and about
- Keep the dressing on your arm/hand dry and intact
- Your doctor may prescribe a pain reliever, which you should take as directed. If the pain is not well controlled, please contact your primary-care provider

**IF YOU EXPERIENCE ANY OF THE FOLLOWING SYMPTOMS:** please contact your primary-care provider. If you cannot reach your primary-care provider, please proceed to a walk-in clinic or the nearest Urgent Care centre.

- Numbness
- Heavy bleeding
- Changes in the colour of your fingers
- Changes in the temperature of your fingers

If you have any questions or concerns, please contact your primary-care provider. You may also call Health Links-Info Santé at 204-788-8200 (toll free: 1-888-345-9257)

**OTHER INFORMATION:** \_\_\_\_\_  
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