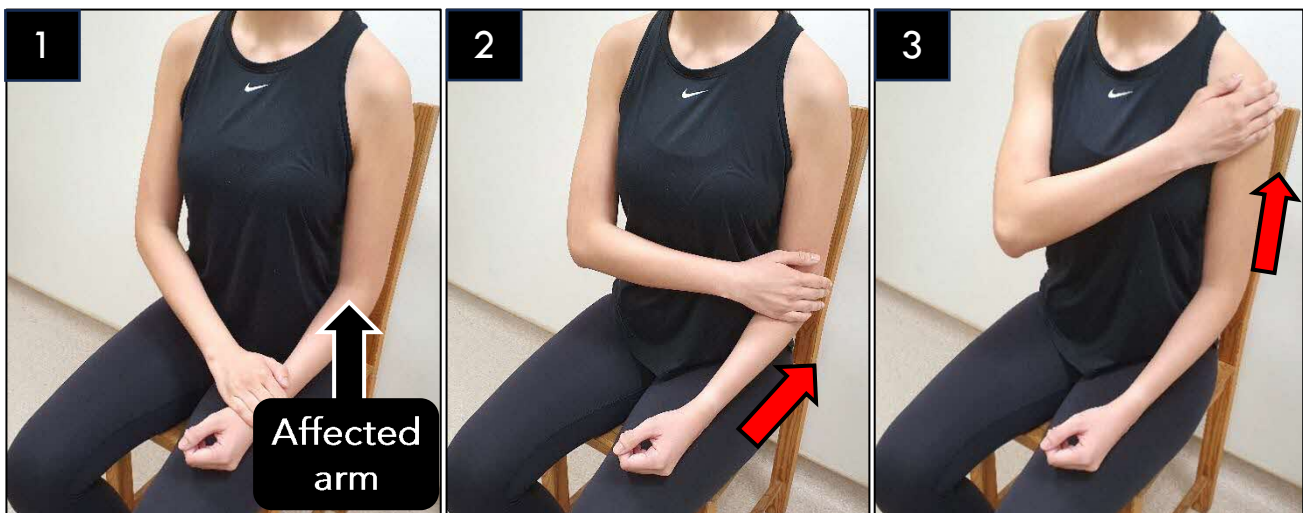


How to manage swelling after surgery

After your surgery, you may experience some swelling of your shoulder, elbow, wrist, and fingers. While this is expected to reduce over time, here are some ways to help you manage the swelling.

1. Massage the arm

- Using gentle upward strokes, massage your affected arm from your wrist up to your elbow, then up to your shoulder. Do this massage in an upward direction only.
- Repeat this step 10 times every 2 hours.



2. Elevating your arm

Keeping your arm elevated can help to reduce the swelling in your fingers, wrists, and elbow. Ensure that your hand is positioned higher than your elbow.

Here are some ways you can elevate your arm when you are lying down and when you are seated.



When lying in a reclined position:

- Place a pillow under your affected arm as shown.
- Place a small cushion or a folded towel under your wrist and forearm as shown.



When lying with your back flat on the bed:

- Place a pillow under your affected shoulder blade and arm as shown.
- Place a small cushion or a folded towel under your wrist and forearm as shown.



When sitting down:

- Place a pillow on your lap to support your elbow.
- Ensure that the pillow is **not** pushing your elbow and shoulder upward. Your affected shoulder should be relaxed and at the same level as your unaffected shoulder.
- Place a small cushion or a rolled towel under your wrist and forearm as shown.