

# Discharge Advice Following an Injection to the upper limb

Ward 1 Wrightington Hospital, Therapy Services



The Patient Information Leaflets page on the Trust website is available on the link:  
<https://www.wwl.nhs.uk/patient-information-leaflets> or scan the QR code.

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Thank you for attending Ward One. We hope you have found everything to your satisfaction. If you do have any concerns, please raise them with a member of staff so we can deal with them promptly.

The following leaflet will provide you with the relevant information required for your ongoing care needs when you have gone home.

Please do not hesitate to contact us at any time by telephoning:

**Ward One** Monday to Friday 07:30am to 5:30 pm 01257 2562

**Male Bay** 01257 256550

**Female Bay** 01257 256551

Outside of these hours, Ward One's telephone will be re-directed to the John Charnley Wing, who will answer any queries.

Out-patients Department Monday to Friday 9am to 5pm 01257 256299.

## Outpatients

Your clinic appointment is on: .....

At: Royal Albert Edward Infirmary       Wrightington       Leigh   
**(Staff to tick as appropriate)**

If your appointment is not given on discharge, you should receive it within 1 week. If for any reason you do not receive an appointment through the post, or if you have any problem with your Out-Patient appointment, please telephone: 01257 256222 or 01257 256241

## Advice following injection:

1. You may have a small plaster covering the injection site. This can be removed after 24 hours, but do not worry if it falls off sooner.
2. Please keep an eye on the injection site for any untoward effects such as increased redness, swelling, significant increased pain, prolonged numbness and/or loss of sensation.
3. The area may become a little bruised after the injection and you may experience a short term increase in the level of your pain. This is normal and will usually resolve within 24-48 hours. You may find taking painkillers beneficial. A small percentage of patients may experience an increased level of pain for much longer.
4. Depending on the type of injection you receive, you may be advised either to rest the area for 24-48 hours or to mobilise the joint, as advised by your doctor.

Should you be concerned about any of the above, please do not hesitate to contact the Ward.

Please use this space to write notes or reminders

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## Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends, and carers.

## Contact Us

Tel: 01942 822376 (Monday to Friday 9am until 4pm)

The Patient Relations/PALS Manager  
Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust  
Royal Albert Edward Infirmary  
Wigan Lane  
Wigan  
WN1 2NN

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## Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the positives and negatives of each option for me?
3. How do I get support to help me make a decision that is right for me?



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## How We Use Your Information

For details on how we collect, use, and store the information we hold about you, please see patient information leaflet, Ref. **Corp 006** How we use your information, this can be found on the Patient Information Leaflets page on the Trust website, see details on the front cover.

This leaflet is also available in audio, large print, Braille, and other languages upon request. For more information, please ask in the department/ward.

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**Call 111 first when it's less urgent than 999.**



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