PATIENT INFORMATION ABOUT NERVE TRANSFER SURGERY
The aim of the surgery is a first step to optimise your ability to stretch your fingers and open your hand.

Below you will find essential information for your preparations:

BEFORE THE SURGERY

In order for the ward to be able to prepare in advance for your visit, a nurse will contact you about a week before you arrive to Mölndal’s hospital, ward 233 C.A.R.E. You will be asked to provide us with the following information:

- Your need of assistance
- Specific procedures you use for bladder and bowel care
- Any need for special mattress or other needs
- If you are accompanied by an assistant / relative

Hygiene preparation

Remember to shower according to the instructions you received in order to minimize the risk of infections. You will also find these instructions on the webpage: www.sahlgrenska.se /Advanced reconstruction of extremities.

Planning at home - Changes in your independence

Decision about the restrictions will be made by the hand surgeon during the surgery. It is therefore hard to predict your level of increased independence. In most cases there are restrictions not to load or stretch out your arm/arms during two weeks. This will lead to a bigger need of care in different ways. Since we don’t know before the surgery what kind of restrictions you will have, we recommend that you prepare yourself for a locked arm in half bend position that will not allow you to load your arm for at least two weeks. Consider if you need to increase the amount of assistance, if so do that in good time before the surgery.

In order to follow the restrictions, the following aids may need to be tried-out before surgery:

- Other transfer aids; sliding board, lifts and slings
- Mobile commode
- Power wheelchair
**Activities of daily living – personal care**

During the restriction period, two weeks, it is important that you are as active as possible in your everyday life, without violating the restrictions.

During your stay at the hospital we will try relevant techniques and aids in order for you to optimize your independence during the post-operative phase.

When taking a shower and using the toilet a mobile commode is recommended, since you are not yet allowed to fully load the operated arm. When taking a shower you need to protect the arm in a plastic bag or similar. Remember to bring clothes with wide sleeves to make dressing and undressing easier after surgery.

After two weeks you are allowed to use your arm like before the surgery.

**TRANSFERS**

**Maneuver wheelchair**

We try, if possible, to enable that you can maneuver a wheelchair after the surgery shorter distances indoors during the restrictions.

**Transfers to and from the wheelchair**

When making low transfers in and out of bed, on and off the mobile commode, etc. you are allowed to facilitate the transfer as shown in the illustrations below. When nerve transfer is done on both arms you will need full assistance with the transfers during the period of restriction. You are encouraged to practice and try out these techniques before the surgery.
THE DAY BEFORE SURGERY

You will be admitted to the ward the day before surgery. You will then meet with several professionals from C.A.R.E. It is therefore important to arrive before noon, preferably at 09:30 a.m. Should you have difficulties to arrive early, please discuss with our coordinator well in advance. The hand surgeon in charge will admit you and inform you about the surgical procedure. The physical therapists will make assessments prior to surgery, such as muscle strength and range of motion. Pictures will be taken of your arm in order for us to be able to monitor improvements of arm function over time. You will discuss how the restrictions will affect your daily living and how this can be solved in best way together with the occupational therapist. Anaesthetic assessment and blood sampling will also be carried out the day before surgery.

SPLINTING

The day after surgery a custom-made splint is fabricated that positions the arm in a certain position to optimise the result of the surgery. You will use the splint day and night for two weeks. The splints will look different depending on current restrictions. In some cases the plaster that was applied during surgery will be kept during these two weeks. Remember to bring clothing with wide sleeves to allow you to pull the plaster cast/splint through.

CONTINUED FOLLOW-UPS

For persons living in Sweden, follow-up is usually scheduled 6, 12, 18 and 24 months after surgery. You will then meet with the team for post-operative evaluation, training advices and assessments. At these occasions the assessment will include all the measurement performed prior to surgery. You should therefore be prepared to set aside a day for these follow-up occasions.

We also have follow-ups on a regular basis at Spinalis (Stockholm), Orup (Skåne), Örebro and Sunderbyn (Norrbotten). If you live nearby one of these regions, we try to schedule the follow-up there.

CONTACT DETAILS

For cancellations and enquiries, etc. please contact:
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