

Neighbour Strapping

An information guide



Neighbour Strapping

Your injury has been treated with a Strapping known as neighbour strapping, which should be worn for one week or as advised by the doctor or nurse.

To ensure a speedy recovery, it is important that you follow these instructions.

Instructions

- Remove the strapping immediately if your finger or toe becomes blue, cold, white, numb or you experience a feeling of 'pins and needles' – if the symptoms do not improve contact the Emergency Department for advice.
- If your skin becomes red or itchy where the strapping has been applied remove it immediately and contact the Emergency Department for advice.
- Avoid getting the strapping wet, as this will cause it to become loose and therefore ineffective.
- **DO NOT** wear rings on any finger/toe on the affected hand/foot until the injury has healed.
- The affected limb should be elevated for 24 to 48 hours to reduce swelling.

Pain killers

- Take simple pain killers such as paracetamol and/or ibuprofen which can be purchased from a chemist or shop.
- Take the medication according to the manufacturer's instructions.

Finger/Toe movement

To avoid stiffness gentle movements of joints can be carried out - pain permitting.

Contact information

The Royal Oldham Hospital

Rochdale Road,

Oldham,

OL1 2JH

The Emergency Department

Telephone: 0161 627 8926

If English is not your first language and you need help, please contact the Interpretation and Translation Service

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

اگر انگریزی آپ کی پہلی زبان نہیں ہے اور آپ کو مدد کی ضرورت ہے تو ، براہ کرم ترجمانی اور ترجمہ خدمت سے رابطہ کریں

Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

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For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897


For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service

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