

Hand Therapy

Sensory loss precautions

1. Regularly check your skin for any damage. Look for signs such as redness or blisters.
2. It is wise to get in the habit of using your eyes to watch when using your hand and fingers with lost feeling. This way you can look out for any risky things that may hurt them.
3. Avoid touching sharp, hot, or cold objects.
4. If you get blisters or cuts cover them with a dressing and treat them with care. Avoid further injury and possible infection. See your doctor if you are worried.
5. Moisturise your hand as needed.
6. Do not grip too tightly or for too long to avoid blisters or skin break down.
7. Consider padding tool handles. Use gloves if necessary.
8. Be careful using your hand when you can't see it (for example, reaching behind the fridge).

Please contact your therapist if you have any questions.

Therapist _____ **Phone Number** _____

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