

Colour, Sensation, and Movement

Your nurse will check your hand and/or foot often for circulation (blood flow). They will check:

- **Colour**

- › Is it the same colour as your other hand and/or foot?
- › Is it pale, pink, or purplish?

- **Sensation (feeling)**

- › Does it feel normal?
- › Do you have any numbness or tingling?
- › Do you feel “pins and needles”?

- **Movement**

- › Can you move your hand and/or foot freely?
- › Is it getting easier or harder to move your fingers and/or toes?

Call your primary health care provider (family doctor or nurse practitioner), or go to the nearest Emergency Department right away, if you notice any changes in the colour, sensation, or movement of your hand and/or foot.

Looking for more health information?

Find this pamphlet and all our patient resources here: <https://library.nshealth.ca/PatientEducation>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

Nova Scotia Health promotes a smoke-free, vape-free, and scent-free environment.

Please do not use perfumed products. Thank you!

www.nshealth.ca

Prepared by: Same Day Surgery, HI

Designed by: Nova Scotia Health Library Services

The information in this pamphlet is for informational and educational purposes only.
The information is not intended to be and does not constitute health care or medical advice.
If you have any questions, please ask your health care provider.