Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

D Ward / Orthopaedic Admissions Unit

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D Ward / Orthopaedic Admissions Unit

Discharge Advice for Patients, Relatives and/or Carers

Musculoskeletal Service

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Introduction

Thank you for attending D Ward / the Orthopaedic Admissions Unit; 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 booklet will provide you with the relevant information required for your ongoing care needs when you have gone home. This is also intended to provide advice to patients' relatives and/or carers to support our patients on their discharge from hospital.

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

D Ward	Monday to Friday 07:30 to 19:30	01257 256269
Orthopaedic Admissions Unit	Monday to Friday 07:30 to 19:30	01257 256313

Outside of these hours, both telephones will be re-directed to Ward B who will answer any queries. Their direct telephone number is 01257 256410.

Outpatients Department	Monday to Friday 09:00 to 17:00	01257 256299

In case of emergency or if you have any serious concerns and are unable to contact anyone at Wrightington, please attend your local Emergency Department.

Outpatients

Patient Hospital/NHS Number: .....

Your clinic appointment is on: .....

At:

☐ Royal Albert Edward Infirmary

☐ Wrightington Hospital

☐ Leigh Infirmary

(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 contact:

01257 256222 or 01257 256241.

Wound Care

1 Care needs to be taken to keep dressings clean and dry. Please ask for advice regarding bathing precautions prior to your discharge.

2. Your wound should be left alone. YES / NO

3. Where applicable, the outer bandaging needs to be removed down to the wound dressing in ……. days.

4. Wound dressings should be changed as advised by Nursing Staff on Discharge.

5. If applicable, your stitches should be removed in ……. days. This should be carried out at:

☐ Wrightington, Wigan or Leigh Outpatients

☐ District Nurse

☐ Nurse Led Outpatient Clinic

Other……

(Staff to tick as appropriate)

6. You have been referred to therapy:

YES ☐ NO ☐ N/A ☐

(Staff to tick as appropriate)

How to change your dressing

- Only change your dressings if necessary.
- Ensure you clean your hands prior to carrying out the procedure. Use soap and water and dry with a clean towel.
- Remove outer dressing. If adhesive dressing is clean and not blood-stained, leave intact.
- If not, carefully remove adhesive dressing ensuring, you do not touch the wound.
- Apply the dressing supplied. This is done as follows: Remove the dressing from the outer packaging. Peel off cover underneath and smooth the dressing over the wound. Please ensure you do not touch the white central pad. Then carefully peel off the top cover to leave the dressing in place. Dressings are shower proof.
- If at any point during the procedure you are concerned, please contact the ward or your General practitioner (GP).

Swelling

It is a natural part of the healing process for localised swelling to occur after surgery. To reduce swelling, your limb needs to be elevated. Use additional pillows/cushions to rest it up at night or whilst sitting during the day.

If you have had any shoulder surgery, please commence exercises, and use the sling as per physiotherapy instructions. It is normal for shoulder arthroscopy procedures to ooze for the first couple of days.

Should you become concerned about any of the following:

- Any colour changes.
- Increased redness, with hot/burning pain and raised temperature to the operated area.
- Further numbness/pins and needles.
- Swelling that has increased beyond the size of the dressing/splint and which has become painful.
- The dressing/splint has become too loose or too tight.

Do not hesitate to contact the ward or Therapy Department for advice.

If you have any problems regarding therapy, please contact:

Upper and Lower Limb Physiotherapy	01257 256307	08:30-17:00
Hand Therapy Unit	01257 488272	08:30-17:00

Pain Control

Pain is a normal experience after surgery. It is important to actively help your body to recover from surgery by following any instructions given by the hospital.

If you have any worries about your pain at home, please seek advice from a medical professional.

Driving

Please discuss this with your consultant, who will provide advice regarding when it is safe to drive following your surgery.



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