Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Orthopaedic Surgery Discharge Advice for Inpatients and their Relatives and/or Carers

Version number: **4**
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Patient Information

Upper Limb - Wrightington Hospital

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Introduction

Thank you for attending Wrightington Hospital. 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 leaflet provides 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.

Follow-up

Although you have been discharged from hospital having made satisfactory progress following your operation, we are still here to support your recovery should you need us. If you have any concerns regarding your recovery, or think you may be developing a problem, please contact the helplines (below) where someone will be able to offer advice, arrange additional support or organise a review if required. It is particularly important that you contact us if you are concerned about your wound.

For patients who have had lower limb surgery (hip, knee, foot and ankle) you can contact:

Orthopaedic Practitioner: 01257 256372 (answerphone / call back service)
Monday to Friday**:** 8:00 am to 4:00 pm (manned office hours)

For patients who have had upper limb surgery (hand, wrist, elbow and shoulder) you can contact:

Ward 1: 01257 256272 Monday to Friday: 7:30am to 7:30pm

01257 256550 (Male Bay)

01257 256551 (Female Bay)

Advice for all patients can also be sought through:

Enhanced Recovery Practitioner Helpline number: 01257 488282 (answerphone service) Monday to Friday: 8:00 am to 4:00 pm (manned office hours)

Surgical Site Infection Surveillance (SSIS) Nurse: 01257 488233

Monday to Friday: 8:00 am to 4:00 pm (manned office hours)

Out of these hours please call our dedicated switchboard on the following number:

01942 244 000 and ask to be put through to Bleep Number 8023. This is the Senior Nurse Bleep Holder at Wrightington Hospital.

Reminder: Some post-operative wound oozing is normal. However, if this worsens or causes you concern, or if you have excessive bleeding or have difficulty with breathing, seek emergency advice by dialling 111 or 999.

You will also have a clinic appointment following your surgery. This is to ensure you are progressing well and to answer any questions you may have. It may be helpful to explain that we advocate a multidisciplinary team approach to patient care, and you may not be seen at your appointment by the Consultant in charge of your care. Please see details of your next appointment below.

Outpatients

Patient Hospital/NHS Number: .....

Your clinic appointment is on: .....

At:

Royal Albert Edward Infirmary ☐

Wrightington ☐

Leigh ☐

(Staff to tick as appropriate)

Book / Cancel / Change an Appointment:

01257 256221 or 01257 256222

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 a problem with your Outpatient appointment, please contact us on the telephone numbers above.

If you have not received a visit from your district nurse on the allocated day and wish to make enquiries please telephone 01942 481221 Monday-Friday 9-4pm.

Please note: patients who live out of area will be provided with a referral requesting that you contact your GP to arrange a treatment room appointment.

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:

District Nurse ☐	Nurse led Outpatient Clinic ☐	Wrightington, Wigan or Leigh Outpatients ☐

Other……

(Staff to tick as appropriate)

6 You have been referred to Therapy YES / NO / N/A

(Staff to delete as appropriate)

How to change your dressing, (Minor surgery / Day case ONLY)

- Only change your dressings if absolutely 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 refer to the contact details at page 2 of this leaflet or contact your own General Practitioner (GP).

Swelling

It is a natural part of the healing process for localised swelling to occur after surgery. In order to reduce swelling, your limb needs to be elevated. Use additional pillows / cushions to keep the limb raised at night, or whilst sitting during the day. On occasion, swelling or bruising can occur that extends outside of the locality of the operative site, for example, foot swelling and bruising after hip or knee replacement.

Should you become concerned about any of the following:

- Colour changes
- Increased redness, hot / burning pain and raised temperature to the operation site
- 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 us for advice.

If you have had 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.

If you have any problems regarding therapy, please contact:

Upper and Lower Limb Physiotherapy: 01257 256307 8:30am – 5:00pm

Hand Therapy Unit: 01257 488227 8:30am – 5:00pm

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.

Painkillers to take home

You will be discharged from hospital with painkillers (tablets) to take home. A letter with this information will be sent to your GP to inform them of this. If you require more painkillers, please contact your GP.

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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