

## Patient information

# Removal of metalwork / open reduction of fracture – post operative information

The surgery that has been planned for you to have is: .....

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### Following your surgery

- Please leave your dressing intact and follow the instructions written below.  
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- The operation site needs to be kept clean and dry until the stitches are removed. Until then protect the limb using gloves or a plastic bag during bathing or washing.
- Should any bleeding occur, apply moderate pressure and elevate the limb.
- Your stitches need to be removed in ..... days / weeks by either:  
your practice nurse (contact your surgery to arrange)  
**OR**  
the outpatient department. This will be arranged for you.
- You may experience some mild to moderate pain. This can be relieved by taking painkillers. If on discharge you are given 3 - 5 days supply of painkillers, these may be taken as prescribed; otherwise paracetamol or similar pain relieving medication is appropriate.
- You may experience some swelling in the limb; this is normal.

To help relieve this, please keep your limb elevated for 48 hours.

**Arm:** The ward nurse will apply a sling or collar and cuff before you leave. If resting, elevate your hand / arm on a pillow.

**Leg:** Keep elevated on a pillow on the sofa or footstool.

- Avoid lifting heavy objects or doing any heavy physical activity which will aggravate your limb.

Special instructions .....

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Outpatient appointment in ..... days / weeks. This will be sent to you.

Return to work .....

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Driving .....

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**If you find that your injured limb is becoming increasingly painful despite keeping it elevated:**

Contact the Martin Corke Day Surgery Unit: 01284 713959 (7.45am to 8.00pm)  
Or  
the orthopaedic nurse practitioner 01284 713924 8.00am to 5.00pm.

**If outside of these hours:**

- Call 01284 713000 (main hospital switchboard) and ask for the on-call orthopaedic registrar.

**or**

- Come to the Accident and Emergency Department

For any other advice about your injury ring the fracture clinic team (Monday to Friday 7.00am - 5.00pm): **01284 713309**

**These are some exercises you can do to help prevent swelling and stiffness. Do not attempt these if the bandages restrict your movements or you have been told not to.**

## **Arm**

- Move your shoulder and arm regularly
- Gently clench and unclench your hand
- Touch each finger in turn with your thumb

## **Leg**

- Straight leg raises: lift your leg off the pillow and hold for a few seconds before lowering.
- Rotate your ankle in both directions

West Suffolk NHS Foundation Trust is actively involved in clinical research. Your doctor, clinical team or the research and development department may contact you regarding specific clinical research studies that you might be interested in participating in. If you do not wish to be contacted for these purposes, please email [info.gov@wsh.nsh.uk](mailto:info.gov@wsh.nsh.uk). This will in no way affect the care or treatment you receive.

*If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo) <https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>*



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