

## Patient information

# Removal of Metal Work/Open Reduction of Fracture

### Martin Corke Day Surgery Unit

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

.....

### Following your surgery

-Please leave your dressing intact and follow the instructions written below.

.....

.....

-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.....

.....

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

Return to work .....

Driving .....

**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 – 8.00pm)

**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.

*If you would like any information regarding access to the West Suffolk Hospital and its facilities, please visit the website for AccessAble (formerly DisabledGo)*

<https://www.accessable.co.uk>



© West Suffolk NHS Foundation Trust