

## Patient information

# Minor orthopaedic procedures

**The procedure you have had done today is:**

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### Following your surgery

- ☐ Your stitches will dissolve and do not need to be removed.
- ☐ Stitches need to be removed. This will be done by:
  - ☐ Your practice nurse in \_\_\_\_ days
  - ☐ The orthopaedic clinic in \_\_\_\_ days

Please leave your dressing intact, keeping it clean and dry and follow the instructions written below:

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- The operation site needs to be kept clean and dry until the wound is dry, closed and healing. Until then wear some protection such as rubber gloves or waterproof limb sleeve during bathing or washing.
- 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 a similar pain-relieving medication is appropriate.

- Should any bleeding occur, apply moderate pressure and elevate the limb.
- You may experience some swelling around the area; this is normal. To help relieve this, please keep your limb elevated for 48 hours. When resting, elevate your limb using a sling / pillow / foot stool.
- Avoid lifting heavy objects or doing any activity which increases pressure on the limb.

**These are some exercises you can do to help prevent swelling and stiffness:**

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

Special instructions .....

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Outpatient appointment .....

This will be sent to you.

Return to work .....

Driving .....

**Contact your GP or GP out-of-hours service if:**

- you experience severe pain
- any bleeding does not stop by the method suggested

- your wound becomes red, hot and / or produces a discharge, you may have an infection

If you require any further advice please contact the Martin Corke Day Surgery Unit on 01284 713959 between 7.45am and 8.00pm, Monday to Friday.

Outside of these hours contact the orthopaedic ward F4 on 01284 713290 and speak to the nurse in charge. Please have your hospital number on the discharge letter available.

Or NHS 111

*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>



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