

# Information for patients and carers

**Your guide to your aftercare  
following orthopaedic surgery**

**Sellers Elective Orthopaedic Ward**

Three horizontal, wavy bands of blue color at the bottom of the page, with the top band being a lighter shade of blue and the bottom band being a darker shade.

**Name.....**

**Procedure.....**

.....

.....

**Consultant.....**

**Ward.....**

**Telephone.....**

**Discharge Date.....**

**Discharge Nurse.....**

**Your sutures/clips**

Your wound has been closed with.....

Do your sutures / clips need removing? **Y / N**

Are your sutures absorbable? **Y / N**

In general, if your sutures are absorbable, they should start to break down within four weeks. Some may take six months to disappear completely.

Are steri-strips in place? **Y / N**

In general, your steri-strips or glue should fall away from the wound when they are ready, and the wound is closed.

**District Nurse / Practice Nurse:**

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.....

**Follow Up Appointment:**

.....  
.....  
.....

**Bathing and showering**

Please do not bath or shower for 3-4 days after surgery. This allows time for the wound to begin to heal itself. After 3-4 days you may bath or shower but please avoid getting the dressing area wet. Please ask your nurse if your dressings are waterproof.  
Having a bath is not advised if you have had lower limb surgeries.

## Signs of inflammation/infection

Please observe for the following symptoms:

1. **Redness** - this may occur around the wound. It may also become hard to touch
2. **Heat** – Wound feels warm to touch & you may have a temperature
3. **Swelling** – This is due to fluid surrounding the wound
4. **Pus** – You may develop a discharge from the wound
5. **Pain** – This is due to swelling pressing on nerve endings

Please note swelling to the limb post-surgery is a normal symptom and can last for a few months

**If you have any concerns or worries regarding your wound, please contact Sellers Elective Orthopaedic Ward on 01257 245747.**

Out of hours please call NHS direct 111 or visit <https://111.nhs.uk/>

## Signs of DVT/PE

**DVT** (Deep Vein Thrombosis or blood clot in the veins of the leg).

**PE** (Pulmonary Embolus or blood clot in the lungs).

DVT or PE are possible complications in patients who have undergone lower limb surgery or who have had significant trauma to lower limbs.

The symptoms of a DVT are leg swelling and continued pain in the calf and/or thigh. The calf may be warm compared to the other side. It can be difficult to differentiate from the normal post-surgical appearance of a leg.

If you are concerned that you may have a DVT following orthopaedic surgery at Chorley please contact:

Sellers Elective Orthopaedic Ward for advice: **01257 245747**.

If you are concerned that you may have a DVT following orthopaedic or trauma surgery at Chorley hospital, please seek urgent medical advice from your GP or emergency doctor.

The main symptoms of a PE are:

- Chest pain
- Shortness of breath
- A cough with blood-stained sputum

If you experience any of the above symptoms, please seek urgent medical advice from your GP or emergency doctor.

## Contact details

Should you require further advice or information please contact:  
Sellers Elective Orthopaedic Ward Chorley & District Hospital:  
**01257 245747.**

## Sources of further information

[www.lancsteachinghospitals.nhs.uk](http://www.lancsteachinghospitals.nhs.uk)  
[www.nhs.uk](http://www.nhs.uk)  
[www.accessable.co.uk](http://www.accessable.co.uk)  
[www.patient.co.uk](http://www.patient.co.uk)  
[www.lancsteachinghospitals.nhs.uk/veteran-aware](http://www.lancsteachinghospitals.nhs.uk/veteran-aware)  
<https://bepartofresearch.nihr.ac.uk/>

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All our patient information leaflets are available on our website for patients to access and download:

[www.lancsteachinghospitals.nhs.uk/patient-information-leaflets](http://www.lancsteachinghospitals.nhs.uk/patient-information-leaflets)

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Lancashire Teaching Hospitals is a smoke-free site. Smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping smoking this will include Nicotine Replacement Therapy to help manage your symptoms of withdrawal and the opportunity to speak to a nurse or advisor from the specialist Tobacco and Alcohol Care Team.

If you want to stop smoking, you can also contact Smokefree Lancashire on Freephone **08081962638**

**Please ask a member of staff if you would like help in understanding this information.**

**This information can be made available in large print, audio, Braille and in other languages.**

Our patient information group review our leaflets regularly, if you feel you would like to feedback on this information or join our reading group please contact on email address:

[patientexperienceandinvolem@LTHTR.nhs.uk](mailto:patientexperienceandinvolem@LTHTR.nhs.uk)

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