



Information for
patients and
carers

**Your Guide To Your Aftercare
Following Orthopaedic Surgery**

Leyland Ward

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:

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.....
.....

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 isn't 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 Leyland 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 Leyland ward for advice please **telephone 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 Leyland ward, Chorley & District Hospital on: 01257 245747.

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.patient.co.uk

www.accessable.co.uk

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

www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

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If you want to stop smoking you can also contact the Quit Squad Freephone 0800 328 6297.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

Gujarati:

આ માહિતીને સમજવામાં સહાયતા જોઈતી હોય તો કૃપા કરીને પૂછો. આ માહિતી મોટા છપાણામાં અને અન્ય ભાષામાં ઉપલબ્ધ કરી શકાય છે.

Romanian:

Vă rugăm să întrebați dacă aveți nevoie de ajutor pentru înțelegerea acestor informații. Aceste informații pot fi puse la dispoziție în format mare și în alte limbi.”

Polish:

Poinformuj nas, jeśli potrzebna jest ci pomoc w zrozumieniu tych informacji. Informacje te można również udostępnić dużym drukiem oraz w innych językach

Punjabi:

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਸਮਝਣ ਵੱਲ ਮਦਦ ਲੈਣੀ ਚਾਹੋਗੇ ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਇਸ ਬਾਰੇ ਪੁੱਛੋ। ਇਹ ਜਾਣਕਾਰੀ ਵੱਡੇ ਪ੍ਰਿੰਟ ਅਤੇ ਹੋਰਨਾਂ ਭਾਸ਼ਾਵਾਂ ਵੱਲ ਮੁਹੱਈਆ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ।

Urdu:

دو سر ی زبانوں او ر بڑی اگر آپ کو ہی معلومات سمجھنے کے لیے مدد کی ضرورت ہے تو یئچھیا جس یبھ ابی دست بو یسکت ہے برا ے مہر یان پو ے یچھہی۔ معلومات

Arabic:

مطبوعه بأ ح ر ف ك ب ي ر ة و ب ل غ ا ت إذا ك ن ت ت ر ي د م س ا ع د ة ف ي ف ه م ه ذ ه ل م ع ل و م ا ت يُ ر ج ي أن . ت ط ل ب أ خ ر ي ي م ا ك ن ت و ف ي ر ه ذ ه الم ع ل و م ا ت

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Division: Surgery

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