

Information for patients and carers

**Your Guide to Your Aftercare
Following Orthopaedic Surgery**

Leyland Ward

A decorative graphic at the bottom of the page consisting of three overlapping, wavy bands of blue. The top band is a light blue, the middle is a medium blue, and the bottom is a dark blue.

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:

.....
.....

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.accessable.co.uk

www.patient.co.uk

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

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.

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Division: Surgery

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