



**A guide to...**

# **Orthopaedic Surgery Discharge**

## ***Patient Information***

<b>Contact details</b>	
Ward	De La Mere, St Albans City Hospital
Phone number	01727 897139 / 897121
Ward Managers	Jane Simpson / Nichola Jackson
Orthopaedic Consultant Nurse Practitioner	Theresa Maunganidze - 01727 897558
Orthopaedic Enhanced Recovery Nurse	Sarah Prindiville - 01727 897558

You are probably looking forward to getting home, but please speak to ward staff if you have any concerns. This leaflet advises about discharge, what follows and who you can contact if you need further help.

### **Pain**

Please take your pain medication that we have prescribed and given to you as instructed, as your pain improves reduce the amount of pain relief, do not stop without first reducing.

**Constipation** is usual following surgery, caused by immobility and pain medication drink plenty of fluids and eat fruit and fibre. Extra laxatives can be brought over the counter including suppositories.

### **Wound**

Book an appointment with your GP practice nurse 10 days from surgery for a wound check. Leave the dressing on until then reinforce if peeling.

### **Stockings**

Please wear your stockings for:

2 weeks       4 weeks       6 weeks

You can remove your stockings once a day for 30 minutes to wash and check your legs.

### **Blood thinning medication**

Take the tablets or injections as prescribed.

### **Mobility**

Remember to stay mobile and continue your exercises, you can use ice on your surgical site for knees, (behind above and below joint) hips and shoulders for 20 minutes three to four times a day in a cloth to protect your skin.

### **Follow up care appointments**

An appointment will be sent to you for :

.....  
.....

If you are given mobility aides, please return them to the inpatient therapy return box at the main reception at St Albans City Hospital when no longer needed.

If you have any questions or concerns after you have been discharged, please do not hesitate to contact the ward for advice.

You can contact De La Mere Ward for routine enquires on 01727 897139 / 121.

If you're still concerned, please contact your GP or telephone NHS 111.

In an emergency telephone 999.

**Staff will discuss with you community organisations which may be able help -**



**Age UK Hertfordshire** is an independent charity which offers help and service for over 50s in

Hertfordshire who have had a stay in hospital or been unwell and need support at home to regain their independence.



**British Red Cross** at Watford General Hospital provides assisted discharge support to

help vulnerable or elderly patients who are medically fit to leave hospital, but who may not have friends or family close by to help when they arrive home.



**Carers in Hertfordshire** - Carers play a vital role in ensuring the health and wellbeing of those for whom they care. This support group, which is run by the trust, provides advice and support for carers who are using any of our hospital services.

If you need further community support being a carer, please contact Carers in Hertfordshire on 01992 58 69 69.



**Herts Help** - Hospital and Community Navigation Service. This provides free, independent service will support Hertfordshire residents who have recently been discharged from hospital, have

been unwell or if you need to manage your health and wellbeing.

**For further information on help in the community**

Scan here



### **Patient Advice and Liaison Service (PALS)**

If you have any further concerns/compliments about your treatment or stay in hospital you can contact Patient Advice and Liaison Service (PALS) in confidence.

PALS is open Monday-Friday 09:00 - 15:00.

**Email:** westherts.pals@nhs.net

**Telephone:** 01923 217198

### **Friends and Family Test**

You can also provide feedback about your stay in hospital by scanning the QR code on a smartphone.

This feedback is shared with all staff and will enable us to improve patient experience.



# West Hertfordshire Hospitals NHS Trust

## St Albans City Hospital

Waverley Rd

St Albans

Herts

AL3 5PN

**Tel: 01727 866121**

If you need this leaflet in another language, large print, Braille or audio version, please call **01923 217 187** or email **[westherts.pals@nhs.uk](mailto:westherts.pals@nhs.uk)**



Author	Jane Simpson
Department	De La Mare & Beckett wards
Ratified / Review Date	June 2024 / June 2025
ID Number	39/2235/V1

