

# Your Trauma Operation

## Trauma and Orthopaedics Patient Information Leaflet

### Introduction

Your surgeon has recommended that the injury you have sustained is best treated with an operation. It is not necessary for you to be in hospital while you wait for this operation, as we feel you will be more comfortable waiting at home.

We understand this can be an anxious time, so this leaflet will just highlight what will happen next and what you should expect from this process.

While you are at home, it is very important to keep the injured limb elevated as much as possible, as this will help reduce any swelling and in turn reduce your pain, while you wait for your operation. You should also keep your fingers and toes moving by wiggling them to help circulation and prevent any stiffness.

### Our Service

Here at Russells Hall Hospital, we operate our trauma list seven days a week. This list deals with all of the patients who require an operation, and these can be from the emergency department and also the fracture clinics. As the nature of emergency operations cannot be predicted, we have to carefully balance the requirements of a 'first come first served' basis with those patients that have more life or limb threatening injuries.

This is why we cannot specify when your operation will take place, but we can ensure our dedicated trauma coordinators will keep in touch with you throughout your journey. You will also be able to highlight any concerns to the trauma coordinators if you have any.

## **What happens next?**

We like to bring our patients in on the morning of the day of surgery. You will receive a phone call the day before this to inform you of the admission, but it is important to note that this call can be as late as 10pm.

During this telephone call, you will be instructed to fast from 2am (including chewing gum and sweets, smoking is also not advised) but you will be able to drink still or tap water until 6am. You can take your regular medication with a small amount of water, unless you have specifically been told not to.

You will be contacted again on the morning of your surgery to inform you of where you need to attend. If you have not received this phone call by 9am, please telephone 01384 456111 and ask to speak with one of our trauma coordinators who will be able to update you accordingly.

Once you have been contacted with a ward or area to attend, please make your way to the area as soon as possible to allow the necessary tasks to be completed, so we can ensure that you are ready for your surgery.

It is also advisable that you start thinking of how you will manage when you go home, and who may stay with you overnight if you go home on the same day of surgery. It may be wise to identify any relatives or friends that may be able to help with daily tasks while you recover.

Occasionally, we may have to postpone your operation if a more unstable patient has been admitted during the night. If this is the case, we will endeavour to get your surgery performed as soon after this date as we can.

We recognise that this system can mean making plans at short notice and we are very grateful for your support.

If you have any questions, or if there is anything you do not understand about this leaflet, please contact:

The trauma coordinator via Russells Hall Hospital switchboard  
Russells Hall Hospital switchboard number: 01384 456111

**This leaflet can be downloaded or printed from:**

<http://dgft.nhs.uk/services-and-wards/trauma-and-orthopaedics/>

If you have any feedback on this patient information leaflet, please email [dgft.patient.information@nhs.net](mailto:dgft.patient.information@nhs.net)

**This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.**

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta brosură poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru va rugăm sunați la 0800 073 0510.

یہ کتابچہ آپ کو بڑے حروف کی لکھائی، سمعی صورت اور دیگر زبانوں میں مہیا کیا جا سکتا ہے۔ برائے مہربانی فون نمبر 08000730510 پر رابطہ کریں۔