

West Hertfordshire Hospitals NHS Trust

St Albans City Hospital

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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**



Large
Print



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West Hertfordshire
Teaching Hospitals
NHS Trust



A guide to...

Orthopaedic Surgery Discharge

Patient Information

Contact details	
Ward	De La Mare, 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

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.



You are probably looking forward to getting home. 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 bought 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. Use in a cloth to protect your skin.

Follow up care appointments

An appointment will be sent to you for :

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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 Mare 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.