

D Ward

Discharge Advice for Patients and their Relatives and/or Carers

Patient Information

Wrightington Hospital



The Patient Information Leaflets page on the Trust website is available on the link:
<https://www.wwl.nhs.uk/patient-information-leaflets> or scan the QR code.

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How to change your dressing

1. Only change your dressings if necessary.
2. Ensure you clean your hands prior to carrying out the procedure. Use soap and water and dry with a clean towel.
3. Remove outer dressing. If adhesive dressing is clean and not blood-stained, leave intact.
4. If not, carefully remove adhesive dressing ensuring, you do not touch the wound.
5. Apply the dressing supplied. This is done as follows: Remove the dressing from the outer packaging. Peel off cover underneath and smooth the dressing over the wound. Please ensure you do not touch the white central pad. Then carefully peel off the top cover to leave the dressing in place. Dressings are shower proof.
6. If at any point during the procedure you are concerned, please contact the ward or your GP

Swelling

It is a natural part of the healing process for localised swelling to occur after surgery. To reduce swelling, your limb needs to be elevated. Use additional pillows/cushions to rest it up at night or whilst sitting during the day.

If you have had any shoulder surgery, please commence exercises, and use the sling as per physiotherapy instructions. It is normal for shoulder arthroscopy procedures to ooze for the first couple of days.

Should you become concerned about any of the following:

- Any colour changes.
- Increased redness, with hot/burning pain and raised temperature to the operated area.
- Further numbness/pins and needles.
- Swelling that has increased beyond the size of the dressing/splint and which has become painful.
- The dressing/splint has become too loose or too tight.

Do not hesitate to contact the ward or therapy department for advice.

If you have any problems regarding therapy please contact:

Upper and Lower Limb Physiotherapy: 01257 256307 8:30am - 5:00pm

Hand Therapy Unit: 01257 256274 8:30am - 5:00pm

Pain Control

Pain is a normal experience after surgery. It is important to actively help your body to recover from surgery by following any instructions given by the hospital.

If you have any worries about your pain at home, please seek advice from a medical professional.

Driving

Please discuss this with your consultant, who will provide advice regarding when it is safe to drive following your surgery.

Please use this space to write notes or reminders.

Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends, and carers.

Contact Us

Tel: 01942 822376 (Monday to Friday 9am until 4pm)

The Patient Relations/PALS Manager
Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust
Royal Albert Edward Infirmary
Wigan Lane
Wigan
WN1 2NN

Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the positives and negatives of each option for me?
3. How do I get support to help me make a decision that is right for me?



How We Use Your Information

For details on how we collect, use, and store the information we hold about you, please see patient information leaflet, Ref. **Corp 006** How we use your information, this can be found on the Patient Information Leaflets page on the Trust website, see details on the front cover.

This leaflet is also available in audio, large print, Braille, and other languages upon request. For more information, please ask in the department/ward.

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