



Royal Orthopaedic Hospital NHS Foundation Trust Patient Information

Post-operative Wound Advice

Welcome to the Royal Orthopaedic Hospital (ROH).
For further information please visit www.roh.nhs.uk

Should you develop any problems or concerns about your wound please contact us for advice rather than go to your GP. We are experts in orthopaedics and wound care and would rather you phoned and asked us than worry about your wound at home.

Clips or stitches:

Clips and stitches are usually removed 10 - 14 days after your operation. The date of removal should be written on the discharge letter and you will be advised to contact your practice nurse to arrange for these to be removed. Unfortunately it is not possible to give you a set time for district nurse calls and sometimes it can be late in the afternoon.

Bath or shower:

Please do not have a bath until your wound is completely healed, although a quick shower is fine if your wound is healing well. Most dressings we use are shower proof, so having a shower is encouraged. Please do not remove your dressing before your clips/ sutures are due for removal. Dressings should be left on for a further 2 days after removal of stitches.

Observe your wound for signs of possible infection

If any ooze from your wound leaks out of the dressing, this means that bacteria can enter so if there is any oozing from around the dressing let us know. The following are signs

of a possible infection and it is important that you contact us should you develop them:

- New excessive discharge or ooze from the wound (this may be clear, blood stained or yellow/green pus)
- Increased pain or soreness in addition to the discomfort experienced following the operation you have had
- Redness or inflammation spreading out from the edge of the wound
- Area around the wound becomes swollen
- The edges of any part of the wound separate or gape open

These signs may not mean you have an infection but we are keen to offer you support should you be at all concerned.

How to contact us:

Please call us on 0121 685 4354. We are available between 8am and 2pm weekdays and will call you back as soon as we can.

There is an answer phone should you need to call out of hours. Please tell us your full name, who your Consultant is and if possible, your Hospital Number which should begin with an R followed by 6 or 7 digits.