



Western Health
and Social Care Trust

INFORMATION FOR PATIENTS

Trauma and Orthopaedic Unit

ADVICE ABOUT WOUND CARE

WARD 5 - Direct Line - 028 716 11205

WARD 2 - Direct Line - 028 716 11120

Fracture Clinic - Direct Line - 028 716 11166

This leaflet gives you some important advice about looking after your wound and what possible complications may occur.

You will have been given a letter to take to your doctor which may include a prescription for painkillers/antibiotics.

*If you have been given an appointment slip for the Orthopaedic/Fracture clinic you must return to have your wound inspected. **Do Not Miss this Appointment!** If you are unable to attend please telephone the fracture clinic.*

CARE OF YOUR WOUND

- ❖ Keep your wound clean and dry
- ❖ Do not tamper with your dressing
- ❖ Take painkillers as prescribed
- ❖ Exercise fingers/toes as shown
- ❖ You may have been instructed to elevate your limb
Eg Arm/leg to reduce swelling
- ❖ Drink plenty of fluids
- ❖ Eat a well-balanced diet

SIGN OF INFECTION

1. Increase discomfort/swelling/burning under plaster of paris or dressing
2. Redness spreading up arm or leg
3. Pus coming through your dressing
4. Feeling unwell/ flu like symptoms or sweating
5. Offensive smell from wound or plaster of paris
6. Pyrexial (High temperature)

*If any of these symptoms have occurred **immediate action is necessary.** If you are concerned about possible infection.*

Telephone Fracture Clinic

*Monday - Friday 8.45am - 4.45pm or
(out of hours) Ward you were discharged from*

Ask to speak to Nurse in Charge

Ward 2 (TOU) or 5 (EOU)

Telephone Numbers (Direct lines)

- Fracture Clinic - 028 716 11166
- Ward 2 028 716 11120
- Ward 5 028 716 11205

Do not remove the wound dressings until seen by nursing/medical staff.