

Your Operation has been provisionally booked for

[Date]

Day	Month	Year
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[Time]

7:30 am	12:30 pm	
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General	Anaesthetic	Local
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Contact Numbers

Concerns about your date/time of operation

Trauma co-ordinator
via switchboard 01753 633000

Concerns about your wound

Post-operative dressings and wound care

Plastics Dressing Clinic, Wexham Park Hospital
01753 633031

Plastics Urgent Care Unit

Wexham Park Hospital
01753 634569 / 634272

On call Plastics SHO

via switchboard 01753 633000

For a translation of this leaflet or for accessing this information in another format:

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Please contact (PALS) the Patient Advice and Liaison Service on:

Frimley Park Hospital

Telephone: 01276 526530

Email: fhft.palsfrimleypark@nhs.net

Heatherwood Hospital

Telephone: 01753 633365

Email: fhft.palswexhampark@nhs.net

Wexham Park Hospital

Telephone: 01753 633365

Email: fhft.palswexhampark@nhs.net

<p>Frimley Park Hospital Portsmouth Road, Frimley, Surrey, GU16 7UJ Hospital switchboard: 01276 604604 Website: www.fhft.nhs.uk</p>
<p>Heatherwood Hospital London Road, Ascot, SL5 8AA Hospital switchboard: 01344 623333 Website: www.fhft.nhs.uk</p>
<p>Wexham Park Hospital Wexham, Slough, Berkshire, SL2 4HL Hospital switchboard: 01753 633000 Website: www.fhft.nhs.uk</p>

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Legal Notice

Please remember that this leaflet is intended as general information only. We aim to make the information as up to date and accurate as possible. Please therefore always check specific advice or any concerns you may have with your doctor.



Frimley Health
NHS Foundation Trust

Plastic Surgery
Wexham Park and
Heatherwood Hospitals

Plastic Surgery and
Hand Trauma Service



Information for patients,
relatives and carers

You have been referred to this department as your injury requires specialist Plastic/Hand Surgery management and treatment. We provide care to the local population across Berkshire, Hampshire, Surrey and South Buckinghamshire. If you are out of area and cannot attend regular follow up appointments and physiotherapy, you may wish to be referred to a centre closer to you.

Basic Care of Injuries and Wounds

- Keep dressings clean and dry, although you can gently wash around the affected area with soap and water. Pat the area dry, do not rub.
- For hand/arm injuries, please keep it elevated in a sling above the level of your heart during the day and rested on a pillow overnight. This is to help reduce pain, bruising and swelling. Additionally, please remove any rings or jewellery from the hand until your wound is healed. Neighbouring fingers can swell and rings may obstruct blood flow to your finger.
- If you've had any facial injuries, we advise you to use an extra pillow at night for the first week.
- Please refrain from picking any scabs. Scabs are a sign of healing. Making your wound bleed will worsen scarring and delay healing.
- Some bleeding is normal. Apply pressure to the area for at least 5 minutes. If your dressings become soaked, please seek medical attention.
- For pain, we advise elevation of limb and regular over-the-counter paracetamol / codeine / ibuprofen after your injury or operation. Please seek medical attention if this is not sufficient.

The Day of Your Operation

Please arrive at the time specified overleaf as you will be assessed by various team members on the day, ahead of your operation.

Trauma is very unpredictable and even though you have been given a time, this is not a fixed appointment time. On the day of your operation, you will be triaged according to the medical needs of everyone on the operating list. We prioritise our emergency list according to urgency and severity of injury; for example, life or limb threatening injuries/infections take priority over closed fractures.

There is a possibility that your procedure may be delayed or postponed if a patient with a more serious injury arrives and requires an operation or if an operation takes longer than expected. We sincerely apologise for any inconvenience this may cause.

Unless you have been told otherwise, your operation will be a day-case, meaning you will be allowed home on the same day as your admission.

Sutures (“Stitches”)

You will be informed if you have had dissolvable or non-dissolvable sutures. Non-dissolvable sutures will need to be removed after 1-2 weeks, depending on the procedure you have had. This can be done in our Plastics Dressings Clinic or by your own Practice Nurse.

Anaesthetic

If you are having a Local Anaesthetic (LA) procedure, you are allowed to eat and drink as normal.

A general anaesthetic (GA) means you will be asleep for your procedure. This requires an empty stomach so as to enable a safe anaesthesia, or your operation may be cancelled. Additionally, following a GA procedure, we advise you to have someone responsible with you in the following 24 - 48 hour period, in case you become unwell.

You are allowed to take your regular medications as normal, including pain killers and antibiotics, with sips of water. Sometimes you may be asked to stop certain tablets like Warfarin.

For a **morning operation**, please do not eat or drink anything after 2.00am, except sips of water until 6.00am.

For an **afternoon operation**, please do not eat or drink anything after 7.00am, except sips of water until 11.00am.

Chewing gum is also prohibited before a GA.

Driving

The DVLA states that it is the responsibility of the driver to ensure that they are able to fully control a vehicle at all times, and demonstrate so, if stopped by the police. Therefore, we advise that you refrain from driving with any hand injury until you are fully able to control your vehicle. If you have had a general anaesthetic, you must not drive for at least 24 hrs after.