

## Online information

Log in at [www.helsenorge.no](http://www.helsenorge.no) to read your patient journal.

Information regarding treatments of several orthopaedic disorders and injuries is available at the Haukeland Universitetssjukehus website [www.helse-bergen.no/behandlinger](http://www.helse-bergen.no/behandlinger)

Information regarding transport is available at [www.pasientreiser.no](http://www.pasientreiser.no)

## Contact information

For medical requeries the first 24 hours after discharge, call the unit where you were admitted.

- Orthopaedic vest/west: **55973757**
- Orthopaedic syd/south: **55973750**
- Orthopaedic øst/east: **55973760**
- Orthopaedic infeksjon/infection: **55975524**

After the first 24 hours of discharge, please call the orthopaedic outpatient clinic: **Monday-Friday 0800 – 1500.**

- **Secretary 55977187** (outpatient appointment, transport for outpatient appointment, sick leave).
- **Nurse 55977187** (questions related to the surgery, woundcare, plaster cast, pain/painmedication).
- **Sarkomsenteret/Sarcoma center: 55972822**

**Any questions you may have related to your hospital stay; we prefer that you call during office hours Monday-Friday.**

**Weekends and after 15.00 on weekdays, you may contact the unit where you were admitted.**

## DISCHARGE INFORMATION ORTHOPAEDIC UNIT

### WOUND CARE

- You have received a new bandage on the surgical incision before leaving the hospital. Change the bandage every 5 days or earlier if it gets dirty or wet, starts to fall off or if there is any oozing. We recommend that the incision is covered with a bandage until the stitches are removed, or for 14 days if you have transparent/see-through stitches that are not to be removed. You can buy bandages at the pharmacy.
- You have a transparent waterproof bandage that can stay on until removal of stitches as long as it is dry and has not come loose.

**Always wash your hands before and after changing the bandage.**

- You have visible stitches/surgical staples that need to be removed \_\_\_ days after surgery. This will be done at
  - our outpatient clinic
  - your doctor/GP or a home nurse if you are unable to go to the GP's office. Contact the community health care in your municipality if it has not already been done during your hospital stay.
- You have transparent stitches which will dissolve in a few weeks. However, after three weeks, you can cut off the ends of the thread, using clean scissors. Dissolvable stitches are often covered with wound closure strips. These should stay on for at least 14 days, or until they fall off.

### SHOWER

- Your bandage is transparent and water-resistant, and it is not necessary to cover it or change it after showering.
- Your bandage is not waterproof and needs to be covered when showering. Always change it after showering if it gets wet. Make sure to let the wound air dry before you apply a new bandage.

When covering the bandage before showering, you can use

- A plastic bag around your arm/leg, and tape it at the top end and bottom end.
- Waterproof transparent bandage, bought at the pharmacy
- “Showercaps” for arms/legs, bought at the pharmacy

Avoid soap in the wound and rinse the area with clean water. When the stitches/strips have been removed, and the incision is healed, there is no need to cover the incision.

## INFECTION

If there is any sign of wound infection, you need to **contact the ward as soon as possible**, so a doctor can decide whether you need antibiotics.

### Signs of infection:

- Redness, swelling and warmth of the skin
- Increasing pain
- Increasing/persistent oozing from the wound
- Fever
- General feeling of illness

## PLASTER TREATMENT

Keep your leg/arm elevated above the heart to avoid/minimize swelling, especially the first days after discharge. If you think the cast is too tight, or it is causing chafing, please contact the Orthopaedic ward. Tight casts can cause severe pain, you may need to cut and split the sides of the cast and contact the Orthopaedic department.

## PAIN

It is normal to have pain in the injured limb/area even after discharge. You will get a prescription with painkillers, these should be used and reduced gradually, according to instructions. If you need more pain medication within the first two weeks after discharge, please contact the Orthopaedic department. Later on, you need to contact your doctor/GP.

## CONSTIPATION

Many patients need laxatives to prevent constipation. If you have been given laxatives during your stay, you should continue with this as long as you take painkillers and have not had any

bowel movement. The nurse will inform you of this upon departure. You buy these without a prescription at the pharmacy.

## **SWELLING**

Swelling and discoloration of the skin is quite normal after an injury/surgery. Normally, the swelling will decrease after a few days. However, it might increase again as you start doing your daily activities and the limb is no longer elevated.

The swelling can be reduced by elevating the injured limb and continue doing the exercises you were given by the physiotherapist. An elastic band or a compression stocking may also help to reduce the swelling.

## **ACTIVITY**

After an operation, it is important to be as active as much as possible, and follow the instructions given by the physiotherapist/doctor.

## **Assisting equipment**

If you need some kind of walking aid or other equipment after discharge, please contact the Community Health Care in your municipality.

If you live in Bergen, Hjelpemiddelhuset at Kokstaddalen 43 can help you with some equipment (in example; walker, shower chair). Telephone: 53034880

## **FOLLOW-UP PLAN**

- Outpatient appointment with the surgeon in \_\_\_ weeks.
- Outpatient appointment with physiotherapist in \_\_\_ weeks.
- A call from a doctor in \_\_\_ weeks
- X-ray before the outpatient appointment
- Blood tests at the lab before the outpatient appointment.
- No outpatient control planned.

If you require a taxi for your first outpatient appointment, due to medical conditions/injury/surgery, please contact the Orthopaedic outpatient clinic (phone: 55972837).

