



Royal Berkshire
NHS Foundation Trust

Your admission to the Orthopaedic Elective Unit

(Level 3 South Block / Redlands
Ward – Level 2 South Block)

Information for patients

This booklet contains useful information and advice for patients coming in for planned orthopaedic surgery. If you have any queries or concerns, please speak to a member of staff.

Who to contact before your admission

If there is any change in your health between your pre-operative assessment and the date of your surgery, or if you are unsure whether to take any regular medication before you are admitted, please contact the Pre-Operative Assessment Clinic on 0118 322 6546 to discuss this with your pre-operative assessment nurse as outlined in the 'Quick guide to coming into hospital for surgery' booklet.

Please contact the Orthopaedic Clinical Admin Team if:

- There are any changes to your personal details (address, telephone number, change of GP);
- You decide not to go ahead with your planned surgery;
- You decide to go for your surgery elsewhere;
- You wish to change the date of your surgery.

Orthopaedic contact:

For appointment enquiries, contact the Orthopaedic Clinical Admin Team (CAT) on 0118 322 7415 or email rbb-tr.cat5@nhs.net – you will be offered a choice of four options – please select the option most relevant to your enquiry.

Blood tests and medication

- If you require further blood tests, this will be done on admission.
- The Trust no longer provides basic pain relief medicines, such as Paracetamol or Ibuprofen for patients to take home. Please ensure that you have a supply of these at home to take following discharge. If stronger pain relief is required, it will be provided.

You will also need to bring in any medicines that you take regularly, in the original packaging. These will be stored in a lockable cupboard at your bedside. Any remaining medicines that you bring in will be given back to you on discharge.

What to bring with you

Please refer to the 'Quick guide to coming into hospital for surgery ' booklet for a detailed list of recommended clothing, toiletries and other personal items to bring into hospital with you. We ask that you have a bath or shower before your admission, and wear loose-fitting clothes and flat, comfortable shoes. You may be asked to use an anti-bacterial 'wash' given to you at pre-operative assessment.

Personal property:

Please leave all valuable items at home, i.e. large sums of money, expensive jewellery etc. **The Trust is not liable and does not take responsibility for damage to, loss or theft of your private property.**

About the Orthopaedic Elective Unit

- All elective orthopaedic patients will be admitted to Redlands Ward prior to their surgery, either on the day of surgery or, in exceptional circumstances, the day before surgery.
- Redlands Elective Orthopaedic Unit has 22 inpatient beds and 8 day-case beds that are used for elective (planned) orthopaedic patients. The ward is a mixed sex ward, made up of seven 4-bedded bays and two side rooms. Each bay is single sex.
- The staff / your anaesthetist on Redlands Ward will give you a provisional time for your operation and will inform you if this changes due to unforeseen circumstances. Your operation will be at some point during the day. **This can sometimes be a lengthy wait, so please bring something to occupy your time.**

- **Visiting is between 2pm and 8pm daily. Only two visitors per patient at a time please.**
- Nurses work with other healthcare professionals on the unit as a team, aiming to provide a high standard of patient care. We all hope to make your stay with us as pleasant as possible.
- Please speak to staff if you have any concerns. If you feel that you cannot speak to staff on your ward, then please follow the advice in the Trust's 'Quick guide to coming into hospital for surgery' booklet; or ask to meet with a PALS representative.
- Flowers are not allowed on the unit.
- Mobile phones may be used but please respect the privacy and confidentiality of others. Silent ring tones such as 'vibration mode' should be used and calls restricted to between 7am and 9pm. You may be asked to switch your phone off by a member of staff.
- **Mobile phone cameras should not to be used at any time** in order to protect patient confidentiality.

Admission times

For directions please refer to the map provided within your pre-operative assessment information pack.

***For 7.00am - 7.30am admission:**

Please do not eat anything after 2.30am.

However, you are advised to continue drinking clear fluids until 6.30am.

Please plan your travel into hospital so that you arrive on Redlands Ward, Level 2 South Block no later than 7am for inpatients and 7.30am for day cases.

The theatre list will start at 8.30am.

***For 11.00am (afternoon admission):**

Please do not eat or drink after 7.30am on the day of your admission. However, you are advised to continue drinking clear fluids until 11.30am.

Please plan your travel into hospital so that you arrive on Redlands Ward, Level 2 South Block no later than 11am, unless you have been given a different time on your letter.

The afternoon theatre list will start at 1.30pm.

***Evening admissions to Redlands Ward:**

Only for patients needing pre-operative treatments or those with serious or disabling medical conditions.

Please telephone the ward at 10am on the day you are to be admitted to confirm that a bed is available and to confirm the time you are expected to report for your admission (please refer to instructions in the letter from the waiting list office).

**(Pre-operative assessment nurse to delete as appropriate)*

Clear fluids

Clear fluids include: water, black tea and black coffee, well diluted squash (but not fruit juice) – you should be able to read newsprint through it.

Please do not suck sweets or chew gum on the day of your operation.

Failure to follow these instructions will cause a delay in your surgery or your surgery being cancelled.

Getting ready for your operation

A member of the nursing staff will ask you a few routine questions and record your blood pressure, temperature and any other observations that may be needed. Please tell the nurse if you have any special requirements or if you have any anxieties about your operation.

You will then be seen by the surgeon or a member of their team, who will discuss the proposed operation with you, including the risks and benefits, and ask you to sign a consent form. The anaesthetist who will be looking after you during your operation will also visit you to discuss your anaesthetic and pain control.

Recovering after your operation

Once your surgery is complete, you will be taken to the recovery room, where you will be looked after by a recovery room nurse. You may be given oxygen to breathe and the nurse will make regular recordings of your blood pressure and oxygen levels. The nurse will also ask you about pain and monitor your wound (if applicable).

When the nurse is satisfied with your progress, he/she will report information about the operation, anaesthetic and observations to a nurse from your ward. You will then be transferred by a porter to your ward on a bed or trolley, accompanied by a nurse from your ward. When you are back on the ward, nursing staff will continue to monitor your progress. If you feel well enough, you may be offered fluids and light foods.

You may also be seen by other healthcare staff, such as physiotherapists, depending on your operation. You will not normally see the surgeon after your operation unless he/she has a particular reason to visit you.

Length of stay

A patient's length of stay will depend on the type of surgery, and an individual's medical condition. This will be discussed with you at your pre-operative assessment and updated during your admission. We will help you to be as independent as physically possible during your stay.

Discharge home

- **It is important that you make transport arrangements to take you home on discharge;** it may not be possible for you to drive yourself home, or to travel on your own on public transport. The care team will continue to assess your progress until they are assured of your fitness to go home. They will discuss discharge plans with you – please tell them if you have any concerns or questions.
- Please be aware that there can be a considerable delay between being told you can leave hospital and the time that your medications and discharge letter are ready for you. Please be patient and do not call for transport home until your nurse advises it. We will do all that is possible to speed up your discharge process.
- A letter explaining your care will be emailed to your GP. If for any reason this is not possible, the letter will be forwarded via post. If you would like to have a copy of this letter, please ask your ward nurse on the day of your discharge.
- Any new medication you have been prescribed will be given to you along with verbal instructions on how to take it. Please ask if you would like to have written instructions. Any remaining medication bought in with you will also be returned.
- Your nurse will give you information and advice regarding follow-up appointments, removal of stitches etc.
- If your district nurse is required to continue your care at home, you will be asked to take a letter and possibly dressings / equipment to the district nurse.

During the first 24 hours following your discharge

If you have any further concerns about your surgery, please telephone Redlands Ward on 0118 322 7485. After 24 hours, please seek advice from your GP.

Returning to work

This depends on the type of operation you have had and what your job involves. Your doctor can advise you on this and also on resuming other activities.

If you need a medical certificate (fit note) for your employer, please ask your ward nurse to arrange one. Requesting your medical certificate early in your stay will help to ensure that it is ready for you on discharge.

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

RBFT Orthopaedic Unit

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Next review due: January 2026