Removal of Metalwork

Day Surgery
Surgery and Critical Care Group

This leaflet has been designed to give you important information about your condition / procedure, and to answer some common queries that you may have.
Introduction
You have been referred to have surgery for removal of metalwork inserted during a previous surgical procedure. Removal of the metalwork may be necessary as you are experiencing discomfort, or to improve movement.

Before you arrive
Prior to your admission you will have been advised of when to stop taking diet and fluids.
Please have a shower or bath before your surgery
We request that you do not wear make-up, nail-varnish or jewellery (except for wedding ring, unless surgery is intended for your left arm, hand or fingers when you need to remove this).
Please bring any medication that you normally take (even if infrequent), a dressing gown, slippers and a book or magazine to read.
Please leave valuables at home.

Following a general anaesthetic please arrange:
• An adult to escort you home and care for you for the first 24 hours after discharge.
• Not to use machinery, engage in strenuous activity (e.g.: hoovering), cook, or sign documents for 24 hours.
• Time off work - 48 hours (this may be longer depending on the type of surgery performed)

What will happen when I come in for my surgery?
Please report to the reception desk.
You will be asked to wait in the reception lounge.
A nurse will take you upstairs to prepare you for your operation.
Please tell the nurse if you have any medical changes or change of social circumstances.
You will be asked to wear a theatre gown (a locker is provided for your clothing) and your blood pressure will be taken.
The surgeon will come to see you, mark the operation site and take your written consent for your operation if this has not been already done.
You will wait for your surgery in a single sex seated area once you have changed into a theatre gown.
When it is time for your surgery the nurse will walk with you to the anaesthetic room.

Post operatively
Following your surgery you will be transferred from the theatre trolley into a recliner chair.
Refreshments will be provided.
Please ask the nurse if you require analgesia for pain relief.
When you are fully recovered you will be discharged.
An outpatient appointment (if applicable) will be sent to you by post to review your surgery.
You will be advised when to have your stitches removed. This can be done by your
Practice Nurse at the GP surgery or in the hospital Orthopaedic clinic.

At home
You may require painkillers at home following your surgery.
Keep the wound clean and dry, you will be advised when you can use the shower or bath.
Do not drive for 2 weeks or as advised.
Following discharge, a letter regarding your surgery will be sent to your GP within 48 hours.

Removal of Metalwork from Arm, Elbow or Hand
You may be provided with a sling to wear.
This prevents swelling of the wound site. However it is not necessary to wear this all the time.
You can elevate the hand onto your chest when walking or on a pillow when sitting.

Removal of Metalwork from Leg, Ankle or Toes
When sitting please elevate your leg.
Mobilise as able to prevent deep vein thrombosis.
Following foot surgery, you may be provided with a shoe to go home with.
Occasionally crutches may be necessary, depending upon the type of surgery you have had. These will be provided and you may be seen by a physiotherapist.

Benefits
Following consultation with the surgeon removal of the metalwork should reduce discomfort which you may be experiencing, or improve movement in the affected part.

Risks
As with any operation, there is a risk of complications from the surgery and with the anaesthetic. However, the risk is very small.
Bleeding may occur from the wound site. If so, apply light pressure and if the bleeding persists, seek advice from the Day Surgery Unit, NHS DIRECT (see back page of this leaflet for contact details) or your own GP.
There is a possibility of wound infection. Please seek advice if you think the wound is infected (see back page of this leaflet).
Other slight risks include:
- Incomplete removal of all metalwork, for example if a screw is broken
- Nerve damage at site of operation
A risk of re-fracturing after removal of plate and screws, remains for 6-8 weeks following surgery or as advised.

Effects of anaesthetic
If you experience nausea following surgery, drink plenty of fluids and take light meals.
Headache is not unusual following a general anaesthetic. Simple painkillers will help to relieve this.

Alternatives
There are no recognized alternatives to this surgery.
Contact details within the Trust for patients to obtain additional information

**Diana Princess of Wales Hospital**

Day Surgery Unit  
01472 875300 (08:00-20:00 Mon-Fri)

Your own GP or (out of hours)  
NHS DIRECT: 08451211188

Day Surgery Unit Pre-operative Assessment  
01472 875557

Day Surgery Unit Reception / Appointments  
01472 302443

**Scunthorpe General Hospital**

Day Surgery Unit - Ward 27  
Tel: 01724 290195 – (7.30–19.30 Mon - Fri)

Your own GP or (out of hours)  
NHS DIRECT: 08451211188

Ward 10  
Tel: 01724 387835

**Goole & District Hospital**

Tel: 01724 290040 – (08.00 – 20.00 Mon-Fri)

Concerns and Queries

If you have any concerns / queries about any of the services offered by the Trust, in the first instance, please speak to the person providing your care.

For Diana, Princess of Wales Hospital

Alternatively you can contact the Patient Advice and Liaison Service (PALS) on (01472) 875403 or at the PALS office which is situated near the main entrance.

For Scunthorpe General Hospital

Alternatively you can contact the Patient Advice and Liaison Service (PALS) on  

(01724) 290132 or at the PALS office which is situated on C Floor.

Alternatively you can email:  
nlg-tr.PALS@nhs.net

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