

Removal of Metalwork

**Children's Outpatient Department
Women & Children's Services**

**This leaflet has been designed to
give you important information and
to answer some common queries
that you may have.**



Information for patients and visitors

Introduction

Removal of metalwork involves taking out screws, plates, nails or pins from a healed bone. The metalwork was inserted during a previous operation to aid correct bone alignment.

Usually the same insertion site is used to remove the metalwork to prevent further scarring. The metalwork will be removed under a general anaesthetic.

This information leaflet is to provide you with the information you need to prepare your child for an operation for removal of metalwork. It will also assist you in the care of your son / daughter once discharged home.

The operation is usually done as a day case in the majority of children and you should expect to stay in the hospital for the whole day.

Benefits

The benefits of removal of metalwork include:

- reducing discomfort
- to allow commencement of mobilisation or physiotherapy
- at the request of the child / parent reducing anxiety, or
- in the case of children to avoid disturbances to the growing skeleton

Risks

There are risks to every procedure and anaesthetic in hospital.

Infection: infection can occur after any operation, but it is rare, it would be treated with antibiotics.

Stiffness and swelling: the limb operated upon may become stiff and swollen. In the majority of cases this is common for 1 to 2 weeks but in some cases it may take longer to settle down.

Nerve damage: nerves around the operated limb can be damaged during surgery. This is usually a temporary numbness and rarely permanent. Also there is a very remote risk of injury to blood vessels around the bone.

There is a risk of re-fracturing at the site of the original fracture after removal of metalwork in the first few weeks. The doctor will advise on the weight bearing status and on activities that your child is allowed to do.

Anaesthetic: nausea and vomiting are common side effects of anaesthetic.

Alternatives

There are no alternatives to removal of metalwork if it is decided your child needs the operation.

What happens to my child when we arrive on the Children's Ward?

Please make sure that your child has not had anything to eat or drink in accordance with the fasting instructions on your letter.

Please arrange your own transport to and from hospital. Do not use public transport to take your child home after the operation. If you have any problems getting to or from hospital for the appointment arrangements can be made with hospital transport.

You should arrive on the Children's Ward at the time stated on your letter.

A nurse will admit your child onto the ward. The nurse will check personal details and measure and record your child's pulse,

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temperature, oxygen saturations, blood pressure and weight.

Please tell the nurse if anything has changed in your child's health or circumstances since pre-assessment. Please inform the nurse if your child has had recent illness or you believe them to be unwell.

A nurse will put topical local anaesthetic to the back of your child's hands. A clear transparent dressing will be applied over the cream. This will numb the area of skin where your child will be cannulated, unless otherwise instructed.

Your child will be seen by an anaesthetist, he is a doctor specially trained to administer an anaesthetic and monitor your child during the operation. The anaesthetist is a specialist in pain management.

Your child will also be seen by the orthopaedic surgeon, he may ask you (or another person with parental responsibility) to sign a consent form if this has not been done previously. The surgeon will also draw an arrow in permanent ink on the limb where the metalwork is to be removed from.

Your child will be given a hospital gown to wear. They can keep their pants on if they are made from cotton.

A play specialist may also talk to your child to find them toys to play with and to reduce any anxiety your child and yourself may have.

Procedure and Anaesthetic

When the theatre is ready you and your child will be escorted to the theatre reception area where staff will carry out a theatre check list to ensure your child's safety. If you are accompanying your child to the anaesthetic room there is a gown and hat to put on, these are infection control measures to keep the theatre clean.

A little later on a nurse working in the anaesthetic room will come to escort you and your child to the anaesthetic room. There is a room in the anaesthetic room for one parent to accompany a child. The nurse from the ward will also accompany you as support.

Once your child has been given the anaesthetic, you can give them a kiss but must then leave them so that the operation can proceed. The nurse from the ward will return you to theatre waiting area to remove the hat and gown.

Parents usually return to the Children's Ward to wait. Facilities are available for you to make yourself a hot or cold drink.

After the operation, your child will be taken to the recovery room to wake from the operation. The recovery nurse will monitor your child during this time and ensure they do not feel nauseous and pain is minimal.

What happens after my child's operation?

Once your child is wakeful and settled in the recovery room they will be returned to the Children's Ward. On the ward the nurse will check your child's observation. The nurse will monitor your child's pain, and give pain medication if required. Your child may feel sleepy after a general anaesthetic, it is often best to encourage them to rest. Your child will have a cannula when they return to the ward; this will be removed prior to discharge.

Your child will be offered sips of water, and then light diet when they are ready.

Once your child has recovered, and the medical and nursing team agree your child is well, you can go home.

Information for patients and visitors

Removal of Metalwork from Arm, Elbow or Hand:

- Your child may be provided with a sling to wear which is to prevent swelling. It is not necessary to wear this all the time. Your child can elevate the hand onto their chest when walking or on a pillow when sitting

Removal of metalwork from Leg, Ankle or Toes:

- When sitting please ensure your child elevates their leg. Your child should be encouraged to mobilise as able to prevent deep vein thrombosis. Following foot surgery, you may be provided with a specialist orthopaedic shoe to go home with. Occasionally crutches may be needed in which case a physiotherapist will need to see your son / daughter. The physiotherapist will bring the crutches and assess your child's ability to use them.

Going Home

Please ensure you have paracetamol and ibuprofen at home for your child before your appointment. Give pain relief as needed once discharged home. Do not give more than advised on the label.

You should stay with your child for at least 24 hours following their surgery. A follow-up appointment will be organised and a letter will be sent to you with the appointment details. An appointment will be made with the children's community nursing team, for wound check.

Please observe the wound site for signs of infection e.g. excessive swelling, redness, pain, or discharge. If your child develops any of these signs, or a temperature, contact your GP or the community team. If you are

worried about your child's condition, please contact your GP or if necessary attend the Accident & Emergency Department.

Your child will need at least 2 days off school. Your doctor will give you specific advice about the length of recovery, with an appropriate time to return to school and return to sporting activities, as well as the weight bearing status.

Gentle use of the limb can be commenced once comfortable and more normal movements should return within 1 to 2 weeks of the operation. In a few cases your child may be warned about not full weight bearing on fractured legs for a few weeks after the surgery.

Reference Section

Adapted from:

Northern Lincolnshire and Goole NHS Foundation Trust. Removal of Metalwork: Information for patient's and visitors. Review date 2017.

Tameside Hospital NHS Foundation Trust. Removal of Metalwork. Patient Information leaflet. Review date 2017.

Contact Details for Further Information

For Diana Princess of Wales Hospital

Children's pre-assessment team,
Children's Outpatient Department,
Diana Princess of Wales Hospital,
Grimsby.

Tel: 01472 874111 ext. 2599

Rainforest Ward

Tel 01472 875314 or 01472 874111 ext. 7520.

Information for patients and visitors

For Scunthorpe General Hospital

Children's pre-assessment team,
Children's Outpatient Department,
Scunthorpe General Hospital,
Scunthorpe.

Tel: 01724 282282 ext. 2027

Disney Ward

Tel: 01724 282282 ext. 2553

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

Confidentiality

Information on NHS patients is collected in a variety of ways and for a variety of reasons (e.g. providing care and treatment, managing and planning the NHS, training and educating staff, research etc.).

Everyone working for the NHS has a legal duty to keep information about you confidential. Information will only ever be shared with people who have a genuine need for it (e.g. your GP or other professionals from whom you have been

receiving care) or if the law requires it, for example, to notify a birth.

Please be assured however that anyone who receives information from us is also under a legal duty to keep it confidential.

Zero Tolerance - Violent, Threatening and Abusive Behaviour

The Trust and its staff are committed to providing high quality care to patients within the department. However, we wish to advise all patients / visitors that the following inappropriate behaviour will not be tolerated:

- Swearing
- Threatening / abusive behaviour
- Verbal / physical abuse

The Trust reserves the right to withdraw from treating patients whom are threatening / abusive / violent and ensuring the removal of those persons from the premises.

All acts of criminal violence and aggression will be notified to the Police immediately.

Risk Management Strategy

The Trust welcomes comments and suggestions from patients and visitors that could help to reduce risk.

Perhaps you have experienced something whilst in hospital, whilst attending as an outpatient or as a visitor and you felt at risk.

Please tell a member of staff on the ward or in the department you are attending / visiting.

Moving & Handling

The Trust operates a Minimal Lifting Policy, which in essence means patients are only ever lifted by nursing staff in an emergency situation.

Information for patients and visitors

Patients are always encouraged to help themselves as much as possible when mobilising, and if unable to do so, equipment may be used to assist in their safe transfer.

If you have any questions regarding moving and handling of patients within the Trust, please speak to a member of staff in the ward or department you are visiting.

Northern Lincolnshire and Goole NHS Foundation Trust

**Diana Princess of Wales Hospital
Scartho Road
Grimsby
DN33 2BA
01472 874111**

**Scunthorpe General Hospital
Cliff Gardens
Scunthorpe
DN15 7BH
01724 282282**

**Goole & District Hospital
Woodland Avenue
Goole
DN14 6RX
01405 720720**

www.nlg.nhs.uk

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