

Orthopaedic Surgery

Shoulder Replacement

Pre-operative care

- Records observations/NEWS score
- Nil by mouth 6 hours pre-op
- Identity wrist band should be placed on the unaffected limb
- Remove all jewellery from the affected arm
- Theatre checklist completed
- Provide polysling

Post-operative care

- Record observations
- Observe sensation/colour of limb
- Physio review
- Check x-ray – AP, neutral and axillary view

Discharge plan

- EDD 48 hours
- X-ray review by SAS or registrar
- Leave dressing unless profuse bleeding
- Analgesia Paracetamol/Codeine
- Follow up appointment 2/52 and outpatient physiotherapy

Frozen Shoulder (MUA)

Pre-operative care

- Records observations/NEWS score
- Nil by mouth 6 hours pre-op
- Identity wrist band should be placed on the unaffected limb
- Remove all jewellery from the affected arm
- Theatre checklist completed
- Provide polysling

Post-operative care

- Record observations
- Observe sensation/colour of limb
- Physio review

Discharge Plan

- EDD day case/24 hours
- District nurse/practice nurse 48 hours/10 days
- Analgesia
- Follow up appointment 6/52 and physiotherapy follow up

Shoulder Stabilisation

Pre-operative care

- Records observations/NEWS score
- Nil by mouth 6 hours pre-op
- Identity wrist band should be placed on the unaffected limb
- Remove all jewellery from the affected arm
- Theatre checklist complete
- Provide polysling

Post-operative care

- Record observations
- Observe sensation/colour of limb
- Physio review

Discharge Plan

- EDD day case/24 hours
- District nurse/practice nurse 48 hours/10 days
- Analgesia
- Follow up appointment 6/52 and physiotherapy follow up

Ulna Nerve Decompression

Pre-operative care

- Records observations/NEWS score
- Nil by mouth 4- 6 hours pre-op
- Identity wrist band should be placed on the unaffected limb
- Remove all jewellery from the affected arm
- Theatre checklist complete

Post-operative care

- Record observations
- Observe sensation/colour of limb

Discharge Plan

- EDD day case
- District nurse/practice nurse 48 hours/ ROS 2/52
- Analgesia
- Follow up appointment 6/52
- Supply tubigrip to patient

Elbow replacement

Pre-operative care

- Records observations/NEWS score
- Nil by mouth 6 hours pre-op
- Identity wrist band should be placed on the unaffected limb
- Remove all jewellery from the affected arm
- Theatre checklist complete
- Provide polysling

Post-operative care

- Record observations
- Observe sensation/colour/finger movement
- Check x-ray AP and lateral 48 degrees
- Physio review

Discharge plan

- EDD 48 hours
- X-ray and wound review by SAS or registrar. Dressing change 48 hours post op
- Analgesia Paracetamol/Codeine
- Follow up appointment 2/52

Tennis/Golfers Elbow

Pre-operative care

- Records observations/NEWS score
- Nil by mouth 6 hours pre-op
- Identity wrist band should be placed on the unaffected limb
- Remove all jewellery from the affected arm
- Theatre checklist complete

Post-operative care

- Record observations
- Observe sensation/colour of limb

Discharge plan

- District nurse/practice nurse (provide relevant dressings)
- Reduce dressing 48 hours post op/supply tubigrip
- ROS 2/52
- Analgesia Paracetamol/Codeine
- Follow up appointment 6/52 and outpatient physiotherapy
- Always day case surgery

Rotator cuff repair

Pre-operative care

- Records observations/NEWS score
- Nil by mouth 6 hours pre-op
- Identity wrist band should be placed on the unaffected limb
- Remove all jewellery from the affected arm
- Theatre checklist completed
- Provide polysling

Post-operative care

- Record observations
- Observe sensation/colour of limb
- Physio review
- Check x-ray – AP, neutral prior to clinic

Discharge plan

- EDD 24 hours closed surgery 24/48 hours open
- X-ray review by SAS or registrar
- Change dressing 48 hours post op (open surgery)
- Analgesia Paracetamol /Codeine
- Follow up appointment 6/52 and outpatient physiotherapy

Arthroscopic Arthrolysis and MUA frozen Shoulder

Pre-operative care

- Records observations/NEWS score
- Nil by mouth 6 hours pre-op
- Identity wrist band should be placed on the unaffected limb

- Remove all jewellery from the affected arm
- Theatre checklist complete
- Provide polysling

Post-operative care

- Record observations
- Observe sensation/colour of limb
- Physio review

Discharge plan

- EDD 24 hours
- District nurse to Change dressing 48 hours and 10 days
- Analgesia Paracetamol /Codeine
- Follow up appointment 6/52 and outpatient physiotherapy

Subacromial Decompression

Pre-operative care

- Records observations/NEWS score
- Nil by mouth 6 hours pre-op
- Identity wrist band should be placed on the unaffected limb
- Remove all jewellery from the affected arm
- Theatre checklist complete
- Provide polysling

Post-operative care

- Record observations
- Observe sensation/colour of limb
- Physio review

Discharge plan

- EDD day case/24 hours
- District nurse to Change dressing 48 hours and 10 days
- Analgesia Paracetamol/Codeine
- Follow up appointment 6/52 and outpatient physiotherapy

Carpal Tunnel

Pre-operative care

- Records observations/NEWS score
- Nil by mouth 6 hours pre-op
- Identity wrist band should be placed on the unaffected limb
- Remove all jewellery from the affected arm
- Theatre checklist complete

- Provide polysling

Post-operative care

- Record observations
- Observe sensation/colour/finger movement

Discharge Plan

- EDD day case
- District nurse/practice nurse 48 hours/ ROS 2/52
- Analgesia
- Follow up appointment 6/52 with hand therapist
- Supply tubigrip to patient

Amy Kelley, Sam Badger 2016