

# Patient Information Sheet

## - Added to the trauma list

### *What do I need to know?*



### **I've been added to the trauma list, what does this mean?**

Some operations, especially those for broken bones ('fractures'), wounds or other injuries, need to be carried out within a few days or weeks. We keep a list, called '**the trauma list**', of patients needing these semi-urgent operations. This helps us to organise a date for your operation with a suitable surgeon as efficiently as possible.

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### **Why am I on the trauma list?**

There are a number of routes by which you can be placed on the trauma list:

- Seen in the Emergency Department/Minor Injuries Unit
  - Your case will have been discussed with the on-call orthopaedic doctor and with consultant(s) at our daily meeting
  - Sometimes it is clear from the start that patients may be best managed with an operation and their name will be placed directly on the trauma list
  - Sometimes the case needs to be discussed with experts in the speciality and you should receive a phone call to discuss your treatment
- Seen in an outpatient clinic
  - The doctor or trauma practitioner treating you will have assessed you and discussed with you why they feel that your case may be best managed with an operation
- Admitted to hospital
  - Some patients are initially admitted to hospital for their condition but are then allowed to go home to await their operation

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### **How long will I be waiting for my surgery?**

Most injuries can be safely operated on up to 3 weeks after they occur. Some are more or less urgent than this. We do try our best to carry out operations as soon as we are able to.

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### **When will I hear about my operation date?**

You will be phoned the day before your operation, usually in the late afternoon or evening. Please try to keep your phone with you and answer unfamiliar phone numbers. If you miss a call, don't worry as we will call you again. Unfortunately it is not possible to call patients regularly with updates about their position on the list.



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## On the day of your operation

We will let you know where and when to attend and any specific instructions. We usually ask patients to come to the Day Surgery Unit (DSU) at the Royal Infirmary of Edinburgh (RIE) at about 07:30am, to allow time to see various team members before they start carrying out operations.

You will be advised when to stop eating and drinking when we phone you the day before your operation. Most commonly, we ask patients not to eat any food after midnight but you can continue to drink plain water until 6am on the morning of your surgery.

Please tell the person who calls you if you take any medications in the morning. Some medications, such as some diabetes and blood pressure tablets, should not be taken before the operation. Others (including most painkillers) can be taken with a sip of water. Some medications are essential to take before an operation. We will let you know which of your medications you should take before your operation.

We make every effort to get your operation done, but as we operate an emergency service, sometimes another emergency coming in may cause a last minute change and your operation may have to be deferred. If this does happen, we make it a priority to reschedule your surgery.

Let us know if you anticipate any difficulties coming in (such as transport issues, childcare or caring responsibilities, or if you live alone).

We ask everyone to bring in their medications and an overnight bag, just in case. We have one theatre that runs until 8pm so we suggest that you bring in something to read, listen to or watch whilst you are waiting.

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## What if I have questions?

You will be seen by a surgeon and an anaesthetist. They will discuss the operation and anaesthetic with you and you will have the opportunity to ask questions if you have any.

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## Where can I find out more information?

We have information leaflets on certain injuries and coming in for an operation. These can be found at: [www.edinburghorthopaedics.org](http://www.edinburghorthopaedics.org)

If you have any queries about your surgery, please get in touch via our advice email: [traumaenquiriesRIE@nhslothian.scot.nhs.uk](mailto:traumaenquiriesRIE@nhslothian.scot.nhs.uk). If you do not receive a reply from this email after 3 working days, please telephone the helpline during office hours (8am-5pm): 0131 242 3410. The waiting list office can also be contacted.

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## Useful phone numbers

NHS Lothian switchboard: 0131 536 1000

Waiting list office: 0131 242 3437

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