



# Removal of Metal Work

## Patient information Leaflet

May 2020

This leaflet aims to help you understand what happens when your child is admitted for removal of metalwork and how we treat and care for children having this procedure.

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 healing. The operation can take place as a day case surgery. Usually the same insertion site is used to remove the metalwork to prevent further scarring.

### **ARE THERE ANY RISKS INVOLVED WITH THE OPERATION?**

- **Anaesthetic:** rarely problems can occur related to general health. The potential problems should be picked up at the pre-assessment clinic, and your anaesthetist will discuss this further with you pre-operatively.
- **Infection:** infection can occur after any operation, but it is rare, and would be treated with antibiotics.
- **Stiffness and swelling:** the limb in the region may become stiff and swollen. This is common for 1 to 2 weeks but may last longer in a few cases.
- **Nerve damage:** nerves within the region can be damaged during surgery. This is usually a temporary numbness and rarely permanent.

There is a risk of re-fracturing the site after removal of metalwork for up to 8 weeks following the surgery.

### **HOW LONG WILL MY CHILD BE IN HOSPITAL FOR?**

Your child will come into hospital, have the operation and usually go home on the same day. They will be admitted to the Children's Unit. Parents have open visiting times, and other relatives can visit between 13:00 and 20:00. Some children may need to stay in hospital overnight and a parent is able to stay overnight with them.

### **WHAT HAPPENS TO MY CHILD WHEN WE ARRIVE AT THE CHILDREN'S UNIT?**

- A nurse will admit your child onto the unit check personal details and take their pulse, temperature, oxygen saturations and blood pressure. Please tell the nurse if they have any known allergies or take any medication. Please bring any medication with you on the day. Please ensure you also inform the nurse if they have any other medical conditions.
- You will be asked to sign a consent form if you haven't already done so in the pre-operative clinic. If your child is having a general anaesthetic, you will be given staying instructions before admission in their admission letter. Please do not allow your child to chew gum as this causes an increase in saliva.
- Your child will be given a hospital gown to wear. Please also bring slippers, dressing gown and any teddy bears/dolls/toys for comfort.
- A nurse will apply Ametop cream/EMLA ('Magic Cream') if required to numb the area where your child will be cannulated.

- A play specialist will also conduct a pre-operative talk with you and your child. They are involved in helping your child to understand the procedure and distracting your child in the anaesthetic room.

## WHAT HAPPENS AFTER MY CHILD'S OPERATION?

After the operation, your child will be taken to the recovery room and you will be able to accompany them back to the ward when they are awake. A 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. They will have a cannula in-situ which will be removed prior to discharge. Your child will be offered sips of water, and then light diet when they are ready. Sometimes you need to be seen by a physiotherapist before your child goes home. Your nurse will tell you after the operation if your child needs to be seen by a physiotherapist. Once your child has recovered, and the medical and nursing team agree your child is well, you can go home.

- **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 necessary, and these will be provided when a physiotherapist has assessed your child.

## 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. For wound site checks, and if any stitches need to be removed, an appointment will also be made with the children's community nursing team.
- 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.

## WHEN WILL MY CHILD BE ABLE TO RETURN TO SCHOOL?

Your child will need at least 2 days off school. The recovery should be much quicker than after the original injury or operation. Depending on the extent of their surgery your

child will be able to return to normal activities including sport after three to four weeks.

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.

## WHO SHOULD I CONTACT IF THERE IS A PROBLEM FOLLOWING MY CHILD'S SURGERY?

### **Useful Contact Numbers:**

- Children's Unit 0161 922 5252 (24 hrs)
- Children's Community Team 0161 922 5251 (08.00-20.00 mon-sun)
- NHS Direct 111 (24hr helpline)
- You can also contact your GP for advice.

### **Useful Websites/information:**

- Department of Health ([www.dh.gov.uk](http://www.dh.gov.uk))
- NHS Choices ([www.nhs.uk/conditions](http://www.nhs.uk/conditions))
- NHS institute for innovation and improvement ([www.institute.nhs.uk](http://www.institute.nhs.uk))
- NHS Improvement ([www.improvement.nhs.uk](http://www.improvement.nhs.uk))

If you have any questions you want to ask, you can use this space below to remind you

If you have a visual impairment this leaflet can be made available in bigger print or on audiotape. If you require either of these options please contact the Patient Information Centre on 0161 922 5332

If you require an interpreter, please ask an appropriate person to contact our central booking office between Monday to Friday 8am to 5pm on 0161 922 6991 to arrange this for you.

**語言 翻譯及病者支持服務 (LIPS):**

如果閣下需要翻譯員在您的預約當日幫助您的話 請找一名合適的家庭成員 0161 922 6991 聯絡本中央預約辦事處來您您安排 我們的辦公時間是星期一至星期五 上午 8 時至下午 5 時

**Językowo Tłumaczeniowa Usługa Pomocy dla Pacjenta ( Language, Interpretation and Patient Support Service LIPS):**

Jeśli potrzebujesz pomocy tłumacza w trakcie swojej wizyty, proszę poprosić odpowiedniego członka rodziny o skontaktowanie się z Centralnym Biurem Zamówień (Central Booking Office), w celu zorganizowania tłumacza pomiędzy poniedziałkiem a piątkiem w godzinach od 08:00 - 17:00 pod numerem 0161 922 6991.

لینگویج، انٹرپرائزیشن اینڈپیشنٹ سپورٹ سروس (Lips)

اگر آپ کو اپنی اپائنٹمنٹ کے لئے مترجم کی مدد کی ضرورت ہو تو براہ مہربانی اپنے خاندان کے کسی موزوں فرد سے کہیں کہ وہ ہمارے سنٹرل بنگ آفس سے پیر سے جمعہ 8.00 بجے صبح سے 5.00 بجے شام کے دوران 01619226991 پر فون کر کے اس کا بندوبست کریں۔

Adapted from:

- East and North Hertfordshire NHS Trust's 'Removal of Metalwork: Patient Information leaflet'.
- Northern Lincolnshire and Goole NHS Foundation Trust's 'Removal of Metalwork: Information for patients and visitors'.
- Stockport NHS Foundation Trust's 'Removal of Metalwork: Information leaflet'.

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