



Northumbria Healthcare
NHS Foundation Trust

Discharge advice following soft tissue injury

Issued by the orthopaedic department

You have had a simple soft tissue injury to one of your limbs, as part of this you may have also had a 'chipped bone'.

What happens next?

An orthopaedic trauma consultant (a doctor who specialises in fractures) will review your x-rays. If any other treatment is needed, or if we need to see you for review in fracture clinic, you will be contacted by phone or letter in the next five working days. If nothing further is required we will not contact you, however if you have any concerns please call the helpline number in this booklet.

The pain, tenderness and swelling you are experiencing should gradually settle over a period of several weeks. Initially you should try and rest with the limb elevated to reduce your swelling.

You may be provided with a removable splint, boot or form of bandaging or sling to support your injured limb depending on the area and type of injury. If required you will also be provided with crutches.

You may use your injured limb as much as pain allows. If you have been given a splint or boot, it is safe to remove it to wash and to sleep if you wish. You can normally stop using the splint or boot from 3-5 weeks as your symptoms settle.

We suggest you take paracetamol and ibuprofen to help relieve your pain, if you can take them. If you need further advice about pain relief, ask your pharmacist.

How long will it take to heal?

Most injuries heal without any problems - however it may take several months for your symptoms to settle completely.

If you are still experiencing a lot of pain after two months, please phone the helpline for further advice.

We wish you a speedy recovery.

If you have any worries or concerns, please contact us on the helpline:

Monday - Friday, 9am - 3:30pm 01670 529431

After hours and weekends, if you need urgent advice contact:

Wansbeck General Hospital 01670 529884

North Tyneside Hospital 0191 2932515

**Northumbria Specialist
Emergency Care Hospital 0191 6072100**

Alternative Formats

If you would like a copy of this information in large print, another language, audio tape or other format please call the Contact Centre on 03 44 811 8118.

Other sources of information

NHS 111

NHS Choices

www.nhs.uk/pages/homepage.aspx

NICE (National Institute for Health and Clinical Excellence)

www.nice.org.uk

Patient Advice and Liaison Service (PALS)

Freephone: 0800 032 0202

Text: 07815 500015

Email: northoftynepals@nhct.nhs.uk

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General Enquiries 03 44 811 8111

www.northumbria.nhs.uk



PIN 753/V2

Review date: March 2024

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