

ORANGE HEALTH SERVICE FRACTURE CLINIC REFERRAL



- DATE:
- PATIENT'S CONTACT NUMBER:
- INJURY:

- TYPE OF FRACTURE:

- MANAGEMENT IN ED:

- REVIEW IN: (time frame)

- ON CALL ORTHOPAEDIC SURGEON:

- NAME OF REFERER:

ORANGE HEALTH SERVICE FRACTURE CLINIC

The Orange Health Service Fracture Clinic is run by appointment only. The person treating you in the Emergency Department will make a referral to the Fracture Clinic and you will be contacted with an appointment.

Should you not receive a phone call with an appointment within 2 business days, please call the number below to make an appointment.

6369 3784

Your appointment time is on:..... at

Please bring any referral letters, x-rays or x-ray request forms.

Please attend at your appointment time. Arriving earlier will NOT result in you being seen earlier.

Please allow a minimum of 2 – 2¹/₂ hours to get through the clinic, allowing time for x-rays, plasters and other procedures.

NOTE: As space is limited, please limit family members to **ONE** support person per patient. Please make other arrangements for children who are not patients of the clinic.

PLASTER / BACKSLAB AFTERCARE

- During the first 24 hours, try to keep the limb elevated above the level of the heart. Continue to move the fingers / toes as much as possible. This will help reduce the chance of ongoing swelling. (Unless you have a cast that includes your fingers or toes.

Check for any of the following:

- Marked swelling of the fingers / toes
- Marked blueness or whiteness of the fingers / toes
- Pins and needles or tingling
- Numbness or loss of feeling
- Inability to move fingers / toes
- Severe or increasing pain under the plaster

If any of these occur, elevate the limb for 15 – 20 minutes and continue to move your fingers or toes. If the symptoms are not relieved in that time, report immediately to the Emergency Department or to your nearest hospital.

- Don't scratch under the cast with sharp objects e.g. ruler, knitting needles, pens etc.
- It takes 24 – 48 hours for the backslab to fully dry. During this time make sure you rest the plaster on a pillow, otherwise you may dent the cast and cause a pressure area.
- Allow the cast to dry naturally in circulating air. Keep it away from direct heat such as heaters or hair dryers.
- Always ensure the cast is kept totally dry. When showering or bathing always cover with a plastic bag which is well sealed at the top with adhesive tape. Do not put the limb in the shower or immerse in the bath.
- If your cast becomes loose, cracked, soft, or is no longer keeping the injured body part immobilised, please report to your nearest Emergency Department.

DISCLAIMER:

This fact sheet is for education purposes only. Please consult with your doctor or health care professional to make sure this information is right for you.