

## What can I do at home?

### Continue to Keep Moving!

The recovery process for each surgery is different, but bones generally take at least **6 weeks** to heal. It is important to continue keep active by doing exercises provided by the physiotherapist in hospital.

### Wounds

Your nurse give you instructions on how to care for your incision at home. You will also find information in the 'Preparing for your surgery and hospital stay' booklet for Royal Columbian Hospital.

### Pain

You might be sent home with a prescription for pain medication. Other pain medications such as Tylenol, could be used if you are having pain. Your doctor or nurse will talk to you about what you can take before you go home.

## Follow-Up

You will usually need a follow up appointment with either the surgeon or your family doctor a few weeks after the date of the surgery. Your nurse will let you know if you need a follow up appointment.

**We hope that this brochure has answered some questions that you or your family members may have. We understand that being in hospital is stressful and you may have more questions. Our staff members on 4 South are very approachable and will be more than happy to assist you and make this hospital stay a positive experience.**

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This information does not replace the advice given to you by your health care provider.  
Catalogue#266116 (June 2019)



# Welcome to 4 South Orthopedic/Trauma Unit

Royal Columbian Hospital

This brochure will outline a typical hospital stay on the Orthopedics/Trauma ward at RCH.

Located on the 4<sup>th</sup> floor of the Columbia Tower (the "Blue Zone") at Royal Columbian Hospital

330 E Columbia Street  
New Westminster, BC



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## Our Nurses

Our nurses work 12 hour shifts, starting at **7:00AM** and **7:00PM**. At these times, our nurses will have a group report to get updated information on all of the patients. If you have any questions, please try to ask your nurse or phone the unit after **8:00AM** or **8:00PM** so you can get the most updated information.

## Our Doctors

You will likely be seen by a Resident doctor from the Orthopedic or Trauma team before surgery. **The Orthopedic doctor** sees patients daily.

**The Trauma doctors** will see patients daily. These times can vary depending on the doctors' schedules. If you have questions, write them down for when you see the doctor.

## What to Expect Before Surgery

You will be instructed when to stop eating and drinking and could also be ordered bed rest. Our nurses will do their best to keep you as comfortable as possible while you are waiting for surgery.

Royal Columbian Hospital is a **trauma centre** (one of the busiest in Canada). Your surgery might not happen at the scheduled time for reasons such as other unplanned emergency surgeries. It is possible that your surgery could be moved to another day.

4 South surgeries will be done on a priority basis. We understand how it can be frustrating and confusing for patients to be bumped for a more urgent case. Be assured, our goal is to care for each patient as quickly as possible.

## What to Expect After Your Surgery

You will spend some time in the recovery room before returning to 4 South after surgery. Expect to stay there for at least 1 hour or longer.

## Movement

Orthopedic surgeries can be painful so our team of doctors and nurses will do their best to keep you as comfortable as possible so you can move and participate in physiotherapy.

The day after surgery, you will work with 4 South's team of physiotherapists to start physical rehabilitation.

Recovery time for each patient is different. The team on 4South consists of:

- Physiotherapists,
- Occupational Therapists
- Social workers
- Nurses
- Doctors

They will assess you and create a recovery plan. Some patients might transfer to a rehab facility before returning home.