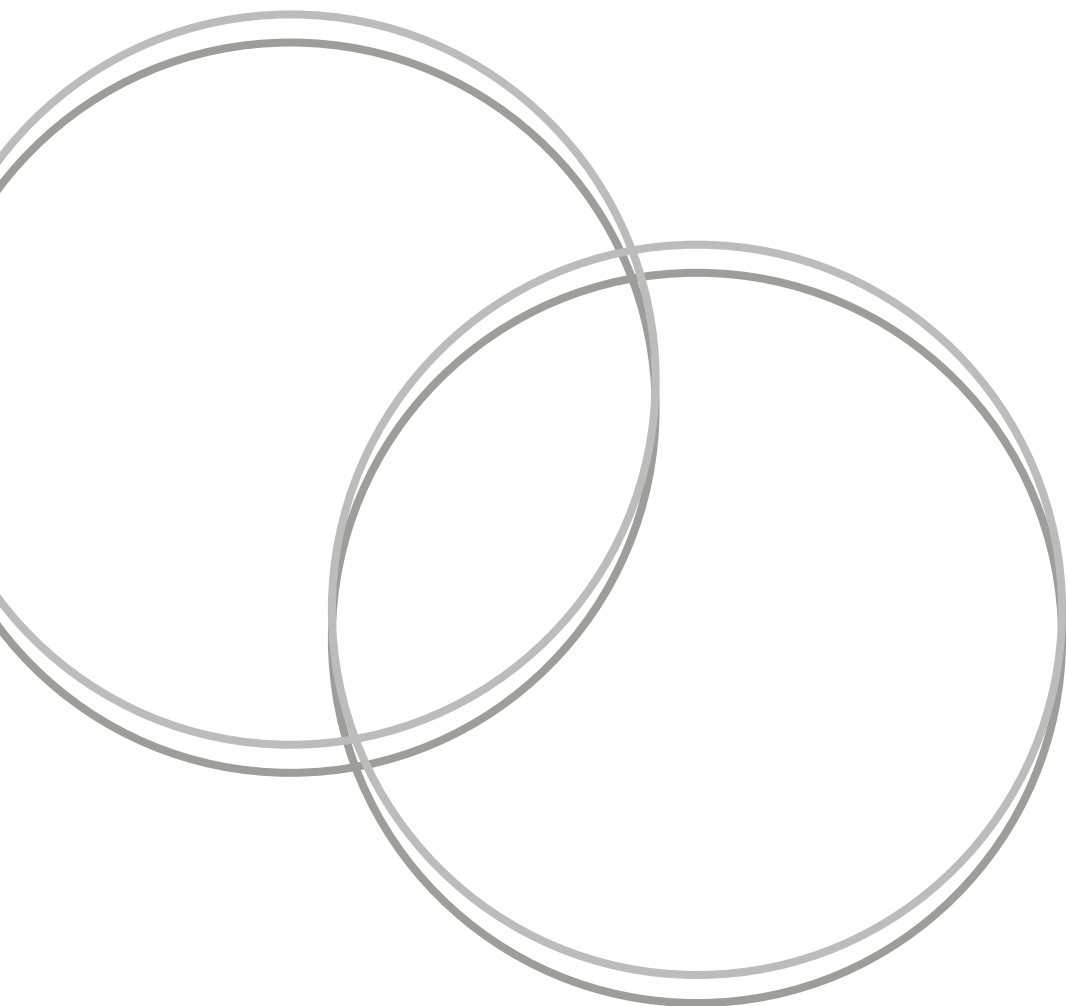




Oxford University Hospitals
NHS Foundation Trust

Orthotics

Information for inpatients



What is Orthotics?

The Orthotics service provides a wide range of devices which are designed to align, prevent and improve deformities as well as improving the function of joints in the body.

What your orthosis is called

Skin Care

You will need to wean into wearing your orthotic, starting with 30 mins – 1hr and building up by 1hr each day.

Your Orthotist will have advised if your Orthotic is to be worn while at rest or when walking/mobilising. If it is to be worn when mobilising, then it should not also be worn when at rest.

When removing your Orthotic, check the skin for any red marks/skin irritation or rubbing. If there are red marks that do not disappear within 20mins, then discuss with the nursing staff/physio/OT. If unsure, then please stop wearing the Orthotic and contact the Orthotics department for further assistance and advice.

What to do after you are discharged

Once you have been discharged, if you are still using the Orthosis then please contact the Orthotics Department if any problems arise. If you do not have any issues, then you do not need to get in contact.

The Orthotics department is based at the Nuffield Orthopaedic Centre and once you have been discharged from the ward, you are not automatically discharged from Orthotics. Therefore, you are still able to contact Orthotics directly as long as it is within 5 years of when you were last seen.

If you are from outside the Oxfordshire area, it is likely more convenient for you to see an Orthotics service closer to you, for this you would need a new referral to be seen, this can come from your GP or a treating medical professional.

Your Orthotist is

Contact details

Orthotics Department

Tebbit Centre
Nuffield Orthopaedic Centre
Windmill Road
Oxford
OX3 7HE

Call us using the following telephone numbers:

01865 227 570

01865 227 575

01865 227 707

01865 227 760

01865 227 604

Telephones will be answered from 8.30am to 3.00pm.

E-mail: orthotics.department@ouh.nhs.uk

Website: www.ouh.nhs.uk/orthotics

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

Author: Emily Neville
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Oxford University Hospitals NHS Foundation Trust
www.ouh.nhs.uk/information



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