

Patient information guides

Information Guides for Children and Young People

General paediatrics

[A Parent's Guide To Important Information For Your Child's Admission](#) (417.79 KB)

[A Patient's Guide To Pain Management For Your Child After Surgery](#) (70.42 KB)

[A patient's guide to the Children's Clinical Psychology Service](#) (71.49 KB)

[A Patient's Guide To Transition: Moving On To Adult Health Services](#) (6.6 MB)

[A Patient's Guide to Blood Transfusions and Human Tissue Transplant](#) (68.98 KB)

[A Patient's Guide to Epiphysiodesis](#) (67.7 KB)

[A Patient's Guide to Orthotic Footwear](#) (135.27 KB)

[A Patient's Guide to Paediatric Acute Pain Services](#) (82.61 KB)

[A Patient's Guide to Post-Operative Spinal Braces \(TLSOs\)](#) (893.77 KB)

[A Patient's Guide to the Preparation For Your Stay With Us](#) (407.66 KB)

[A Young Person's Guide to Scoliosis](#) (903.29 KB)

[A Young Person's Guide To Eating And Drinking Following Spinal And Other Surgery](#) (657.96 KB)

[Information For Teenage Girls](#) (3.15 MB)

Growth disorders

[A Patient's guide to Pavlik Harness Treatment for Developmental Dysplasia of the Hip \(DDH\)](#) (157.32 KB)

Paediatric orthopaedic surgery

[Paediatric Pre-Operative Assessment Clinic](#) (210.61 KB)

Information Guides for Adults

Filter by category

- Any -

Acute Compartment Syndrome

[A Patient's Guide to Acute Compartment Syndrome](#) (114.32 KB)

Acute Pain Services

[A Patient's Guide To Pain Management For Your Child After Surgery](#) (70.42 KB)

[A Patient's Guide to Pain Relief at Home following your Operation](#) (95.63 KB)

[A Patient's Guide To Adult Acute Pain Services](#) (83.9 KB)

[A Patient's Guide To Paediatric Acute Pain Services](#) (82.61 KB)

[A Patient's Guide To The Active Back Programme](#) (644.12 KB)

Admission

[A Patient's Guide To Admission](#) (224.4 KB)

[A Patient's Guide To Eating Well While In Hospital](#) (726.9 KB)

[RNOH Welcome Pack - Information For Patients](#) (5.89 MB)

Amputation

[A Patient's Guide To Amputation Of The Lower Limb](#) (88.2 KB)

Anaesthesia

[A Patient's Guide to Anaesthetic Options for Hip or Knee Surgery](#) (121.71 KB)

[A Patient's Guide to Nerve Blocks for Surgery on the Shoulder and Arm](#) (151.31 KB)

[A Patient's Guide to the Anaesthetic Options for Foot and Ankle Surgery](#) (197.3 KB)

Animal Visitor Policy

[RNOH Animal Visitor Policy](#) (263.95 KB)

Blood transfusion

[A Patient's Guide To Blood Transfusions and Human Tissue Transplant](#) (78.64 KB)

Bone Tumour Unit

[A Patient's Guide to the Sarcoma Multi-disciplinary Team](#) (102.13 KB)

[A Patient's Guide to Benign Tumours of Soft Tissues](#) (83.33 KB)

[A Patient's Guide to Distal Femoral Replacement](#) (138.36 KB)

[A Patient's Guide to Lipomatous Tumours of Soft Tissues](#) (84.22 KB)

[A Patient's Guide to Paediatric Sarcoma - preparation for your stay with us](#) (407.66 KB)

[A Patient's Guide to Proximal Femoral Replacement](#) (394.74 KB)

[A Patient's Guide to Undergoing Investigations](#) (83.7 KB)

Cardiopulmonary resuscitation

[A Patient's Guide To Decisions About Cardiopulmonary Resuscitation](#) (287.76 KB)

Chaplaincy

[Chaplaincy Leaflet](#) (297.1 KB)

Chronic Pain Services

[A Patient's Guide To The Pain Self Management Programme](#) (88.22 KB)

[A patient's guide to the Frequently Asked Questions Spinal Cord Stimulators](#) (100.69 KB)

Clinical health psychology

[A Patient's Guide To The Clinical Health Psychology Service](#) (79.72 KB)

Complaints

[A Patient's Guide To Raising Concerns](#) (87.96 KB)

Deep vein thrombosis and pulmonary embolism

[A Patient's Guide to Preventing Deep Vein Thrombosis and Pulmonary Embolism \(Blood Clots\)](#) (77.75 KB)

Diabetes

[An Adult Patient's Guide to the Management of Diabetes at the Time of Surgery \(106.16 KB\)](#)

End of life care

[Care in the last days of life - Information for family, friends and carers \(1.28 MB\)](#)

[When someone dies - Information for family, friends and carers \(1.74 MB\)](#)

Foot and ankle

[A Patient's Guide To Ankle And Hindfoot Arthrodesis/Ankle And Hindfoot Fusion \(191.35 KB\)](#)

[A Patient's Guide To Ankle Arthroscopy \(115.74 KB\)](#)

[A Patient's Guide To Arthritis Of The Big Toe With Discussion On Cheilectomy And Fusion \(434.88 KB\)](#)

[A Patient's Guide To Bunions \(Hallux Valgus\) And Lesser Toe Deformities \(206.19 KB\)](#)

[A Patient's Guide to Inferior Heel Pain \(207.95 KB\)](#)

[A Patient's Guide To Inter Digital Neuralgia \(Morton's Neuroma\) \(98.48 KB\)](#)

[A Patient's Guide To Plantar Fasciitis or Inferior Heel Pain \(148.59 KB\)](#)

[A Patient's Guide to Preparing For Foot and Ankle Surgery \(130.61 KB\)](#)

[A Patient's Guide to Total Ankle Replacement \(497.81 KB\)](#)

[A Patient's Guide To Adult Acquired Flatfoot Deformity \(111.52 KB\)](#)

[A Patient's Guide to Ankle Arthritis \(2.04 MB\)](#)

[A Patient's Guide To Lateral Ligament Reconstruction Of The Ankle \(138.56 KB\)](#)

[A Patient's Guide To Post-Operative Advice Following Pes Cavus \(319.09 KB\)](#)

[A Patient's Guide to Radial Extracorporeal Shockwave Therapy \(ESWT\) \(273.34 KB\)](#)

High Dependency Unit

[A Patient's Guide to the High Dependency Unit \(98.64 KB\)](#)

[High Dependency Unit Children and Young People Information for families/carers \(658.29 KB\)](#)

Hip

[A Patient's Guide to Revision Hip Replacement Surgery \(309.25 KB\)](#)

[A Patient's Guide To Total Hip Replacement \(352.49 KB\)](#)

[A Patient's Guide to Hip Precautions Following Primary or Revision Total Hip Replacement \(243.57 KB\)](#)

[Improving your experience of joint replacement \(National Joint Registry\) \(863.74 KB\)](#)

Imaging

[A Patient's guide to having a Bone Scan \(61.24 KB\)](#)

[A Patient's guide to having a CT Guided Injection \(88.09 KB\)](#)

[A Patient's guide to having a CT Scan \(79.59 KB\)](#)

[A Patient's Guide to having a DXA Scan \(81.49 KB\)](#)

[A Patient's guide to having a Renogram \(61.2 KB\)](#)

[A Patient's guide to having an Ultrasound Scan \(54 KB\)](#)

[A Patient's guide to having an X-Ray \(55.12 KB\)](#)

[CT Angiogram \(109.59 KB\)](#)

[CT guided biopsy/aspiration \(111.38 KB\)](#)

[CT guided facet and nerve root injection \(111.43 KB\)](#)

[CT guided Radiofrequency ablation \(110.62 KB\)](#)

[Fluoroscopy guided biopsy/aspiration \(111.37 KB\)](#)

[Fluoroscopy injection \(111.39 KB\)](#)

[Patient guide to Arthrogram \(112.56 KB\)](#)

[Patient guide to Discogram \(111.44 KB\)](#)

[Patient guide to myelogram \(111.7 KB\)](#)

[Patient guide to sinogram \(111.97 KB\)](#)

[Platelet Rich Plasma \(PRP\) Blood Injection \(112.38 KB\)](#)

[Ultrasound guided biopsy \(116.29 KB\)](#)

[Ultrasound guided injection \(111.75 KB\)](#)

Infection control

[A Patient's Guide To Clostridium Difficile \(216.96 KB\)](#)

[A Patient's Guide to MRSA \(76.32 KB\)](#)

[A Patient's Guide to Oral Antibiotics \(344.97 KB\)](#)

[A Patient's Guide to Preventing Surgical Site Infections \(465.42 KB\)](#)

[A Patient's Guide to Using Alcohol Hand Gel \(212.85 KB\)](#)

[A Patient's Guide To Using Your Clostridium Difficile Positive Card \(6.78 MB\)](#)

[A Patient's Guide to Staphylococcus Aureus Decolonisation \(149.39 KB\)](#)

Information Governance

[Patient Privacy Notice \(445.36 KB\)](#)

Knee

[A Patient's Guide to Routine Advice: Six Weeks after your Total Knee Replacement \(66 KB\)](#)

[A Patient's Guide To Total Knee Replacement \(705.26 KB\)](#)

[A Patient's Guide To Distal Femoral Replacement \(318.07 KB\)](#)

[Gujarati Knee Replacement \(60.92 KB\)](#)

[Improving your experience of joint replacement \(National Joint Registry\) \(863.74 KB\)](#)

Limb reconstruction

[A Patient's Guide to External fixation for bone correction and lengthening](#) (1.89 MB)

[A Patient's Guide to Pin Site Care \(Upper and Lower Limb External Fixation\)](#) (512.66 KB)

[A Patient's Guide To Lower Limb Lengthening With A Precice Nail](#) (223.95 KB)

London Spinal Cord Injury Centre

[A Patient's Guide To The London Spinal Cord Injury Centre](#) (415.54 KB)

MRI scan

[Information About Your MRI Scan](#) (26 KB)

Myeloma

[A Patient's Guide To Exercises for Myeloma In A Spinal Brace](#) (360.71 KB)

[A Patient's Guide To Exercises for Myeloma Out Of A Spinal Brace](#) (386.76 KB)

Orthotics

[A Patient's Guide To Ankle Foot Orthosis \(AFO\)](#) (281.3 KB)

[A Patient's Guide To Brachial Plexus Injury Orthoses](#) (272.02 KB)

[A Patient's Guide To Foot Orthosis](#) (125.87 KB)

[A Patient's Guide To Knee Ankle Foot Orthosis \(KAFO\)](#) (254.01 KB)

[A Patient's Guide To Orthotic Footwear](#) (135.27 KB)

[A Patient's Guide To Ponseti Orthotic Treatment](#) (110.19 KB)

[A Patient's Guide To Post-Operative Spinal Braces \(TLSOs\)](#) (893.77 KB)

[A Patient's Guide To Silicone Subluxation Orthosis Donning](#) (307.87 KB)

[A Patient's Guide To Thoracic Lumbar Sacral Orthosis \(TLSO\)](#) (337.65 KB)

[A Patient's Guide to CTLSO \(Cervical Thoracic Lumbar Sacral Orthosis\)](#) (353.38 KB)

[A Patient's Guide to Front Opening TLSO \(Thoracic Lumbar Sacral Orthosis\)](#) (118.4 KB)

[Adaptations to your own Footwear](#) (248.6 KB)

[Orthotic department supported discharge policy](#) (18.71 KB)

Outpatient Parenteral Antimicrobial Therapy

[A Patient's Guide to Outpatient Parenteral Antimicrobial Therapy \(OPAT\)](#) (1.1 MB)

Peripheral Nerve Injury

[A Patient's Guide to The Brachial Plexus](#) (826.47 KB)

[Adolescent shoulder and elbow exercises](#) (409.92 KB)

[Guided Visualisation](#) (17.08 MB)

[Paediatric shoulder and elbow exercises](#) (603.55 KB)

[Paediatric wrist and hand illustrations exercise sheets](#) (227.83 KB)

[Passive stretches for the wrist/fingers/thumb](#) (211.82 KB)

[Peripheral nerve injury in-patient programme - pre-admission booklet](#) (80.49 KB)

[Progressive Muscular Relaxation](#) (18.5 MB)

[Rehabilitation following a peripheral nerve injury](#) (443.4 KB)

Pharmacy and Medicines

[A Patient's Guide to Injecting Tinzaparin at Home](#) (1.51 MB)

Physiotherapy

[Post-Operative Physiotherapy Following Anterior Cruciate Ligament Reconstruction Of The Knee](#) (432.16 KB)

[Post-Operative Physiotherapy Following Combined Anterior Cruciate Ligament Reconstruction And Cartilage Cell Transplantation](#) (437.74 KB)

Plaster casts

[A Patient's Guide To Wearing A Plaster Jacket](#) (340.87 KB)

[Instructions for Children in a Leg Cast](#) (218.46 KB)

[Instructions For Children In An Arm Cast](#) (289.4 KB)

[Instructions For Patients In A Leg Cast](#) (73.11 KB)

[Instructions For Patients In An Arm Cast](#) (341.18 KB)

[Plaster Instructions For Parents Of Babies In A Ponseti Cast](#) (328.26 KB)

[Plaster Theatre - Care of a child in a frog cast](#) (280.45 KB)

[Plaster Theatre - Instructions for children in a broomstick cast](#) (222.84 KB)

Pre-admission Assessment

[A Patient's guide to having a Day Surgery Procedure](#) (70.88 KB)

[Pre Operative Assessment booklet](#) (128.73 KB)

Pressure ulcer prevention

[A Patient's Guide to Pressure Ulcer Prevention](#) (391.98 KB)

Recovering from surgery

[A patient guide to Recovering from surgery and staying active in hospital](#) (190.55 KB)

[A Patient's Guide To The Management Of Constipation Following Surgery](#) (90.52 KB)

Scoliosis

[A Patient's Guide to Single Stage Posterior Scoliosis Correction Surgery](#) (309.75 KB)

[A Young Person's Guide to Scoliosis](#) (903.29 KB)

Shoulder and upper limb

[A Patient's Guide to Diagnostic Shoulder Arthroscopy](#) (697.54 KB)

[A Patient's Guide to Excision of Soft Tissue Lesion from the Upper Limb](#) (364.77 KB)

[A Patient's Guide to Reverse Type Total Shoulder Replacement](#) (936.18 KB)

[A Patient's Guide To Rotator Cuff Repair](#) (390.46 KB)

[A Patient's Guide to Shoulder Spica](#) (268.99 KB)

[A Patient's Guide to Total Elbow Replacement](#) (7.32 MB)

[A Patient's guide to Total Shoulder Replacement](#) (844.81 KB)

[Improving your experience of joint replacement \(National Joint Registry\)](#) (863.74 KB)

Spinal injury

[A Patient's Guide to Looking After Your Shoulders following a Spinal Cord Injury](#) (1.01 MB)

[A Patient's Guide to Low Back Fusion Surgery](#) (179.86 KB)

[Healthy Eating After Spinal Injury](#) (161.99 KB)

Tissue samples

[Patients Guide To Tissue Samples](#) (48.5 KB)