

Patient information

Guidelines for the use of trusses

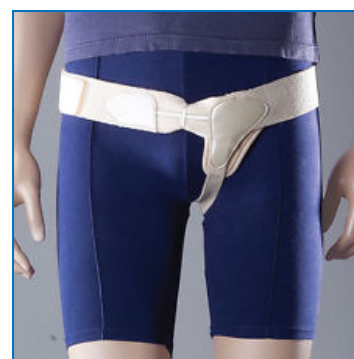
What is a truss?

The function of a truss is to maintain a reduced hernia and help relieve any pain or discomfort by applying pressure.

Wearing your truss

It is important that you follow these points:

- The truss should be worn constantly during the day and put on before getting up in the morning. Unless your doctor says it is okay to do so it may be dangerous to walk about without the truss
- Your hernia must be reduced by gently massaging it back into the body before applying the truss; failure to do this may cause internal damage
- Your hernia should not be allowed to descend around or below the pad of the truss
- The truss should be worn next to your skin and not over a garment, or it may slip
- When using an elastic band truss, always keep the belt tight enough to control your hernia and then fasten the corset as above.



Never wear your truss over an unreduced or strangulated hernia. If you are unable to reduce your hernia seek medical attention as soon as possible.

Symptoms of a strangulated hernia

Symptoms include:

- Severe pain
- Redness over the herniated area
- Tenderness over the herniated area
- Burning sensation over herniated area
- Nausea and or vomiting
- Fever
- General feeling of ill health

If you suspect you may have a strangulated hernia you **MUST** seek **IMMEDIATE** medical attention.

Tips for your truss

The use of surgical spirit or talcum powder to the skin will prevent chafing but surgical spirit must not be allowed to get onto the elastic waistband, as it will damage the rubber.

As a rule, your truss should be removed at night unless you have a cough, then it may still need to be worn. Some elastic band trusses are used to control hernias during sleep, your orthotist will advise you.

If you have any questions regarding your truss then please contact us on the telephone numbers included.

Eligibility

You are entitled to two trusses. You will only have to pay if you wish to own more trusses above your NHS entitlement. Please contact the department for a quote and advice.

Contact us

Tel: 0300 131 4500 ext. 8547 or ext. 4909

Orthotics Department
East Sussex Healthcare NHS Trust
Level 3, Conquest Hospital
The Ridge
Hastings
TN37 7RD

Consent

Although you consent for this treatment, you may at any time after that withdraw such consent. Please discuss this with your medical team.

Sources of information

British Association of Prosthetists and Orthotists (BAPO)

Sir James Clark Building, Abbey Mill Business Centre, Paisley, Renfrewshire, PA1 1TJ
Tel: (01415) 617217 or 08451 668490
Website: www.BAPO.org

Important information

This patient information is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team – Tel: 0300 131 4500 Ext: 734731 or by email at: esh-tr.patientexperience@nhs.net

Hand hygiene

The trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

Other formats

If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.

Tel: 0300 131 4500 Email: esh-tr.AccessibleInformation@nhs.net

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

Reference

The following clinicians have been consulted and agreed this patient information:
Philip King, Orthotist
Carole Crathern, Service Manager for Orthotics

The Clinical Specialty/Unit that have agreed this patient information leaflet:
Out of Hospital Division

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Responsible clinician/author: Melanie Burgess, Orthotics Team Lead

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