

Orthopedic Fracture Clinic Appointment Patient Information sheet

Affix Patient Label Here

(Please give to the patient before they leave the department)

The Emergency Department has referred you to the outpatient Fracture Clinic where you will be seen for your injury and cared for by an Orthopedic Surgeon (a doctor specialized in bone diseases and injuries). Your appointment is on:

Date: _____ Time: _____

It is important that you do not miss your appointment. However, if you cannot make your appointment, please call the outpatient clinic booking clerk at 905.378.4647 x44758

How To Get to the Clinic?

The Fracture Clinic is located on the Fourth Floor of the Walker Family Centre of the St. Catharines Site at 1200 Fourth Avenue. In all cases please bring your health card, all of your medications, and a book to read. Wear comfortable clothing. When you arrive for your appointment, please take the Outpatient Elevators situated to the left of the hospital's main entrance. Proceed to the fourth floor where you will be registered and seen at the clinic.

When to Return to the ER?

If before your appointment you think you are getting worse, please return to the Emergency Department for reassessment. Important reasons to return to the ED can include, increasing pain, new numbness, tight swelling or change in skin color of the injured limb (especially cold and pale or blue fingers or toes). More so in lower limb injury, you should return to the ED immediately if you developed acute shortness of breath or chest pain.

Caring for Your Cast

Please make sure that you **elevate the injured limb when possible** above the level of your heart as often as you can to reduce swelling. Also, please keep your splint clean and dry, do not scratch, do not apply powder or lotions under your splint. Move your fingers or toes regularly to encourage circulation.

Family Doctors

Your family doctor is the best way to access medical care and acts as the central person in your overall healthcare. If you do not have a family doctor, we strongly advise you to get one. You can find help at www.niagaradocs.ca or by calling **Healthcare Connect Ontario at 1-800-445- 1822**. The city of St Catharines provides similar information on their website www.stcatharines.ca or by calling 905.359.6043.