

What are the visiting hours?

Typically 14.00-20.00

We can be flexible with these times, depending on the circumstances, if you speak to the nurse in charge to arrange this.

We do encourage family members to visit during meal times if family members or friends require assistance with meals.

When are meals served?

Breakfast- 07.30 - 08.00

Lunchtime – 12.00 – 13.00

Dinner – 17.00 – 18.00

If you have any dietary needs please ask one of the nurses or speak to housekeeping.

Contact details

**Telephone extension:
63236 or 63234**

Handheld mobile: 62215

This leaflet is intended for patients receiving care in Brighton & Hove or Haywards Heath

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The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.

Trauma and Orthopedic Unit

Level 11 Thomas Kemp Tower

Information about the ward

Matron: Louise Cross

Manager: Helena Stevenson

If you have any concerns or questions during your stay please feel free to speak to your nurse or one of the sister on duty. We are all friendly and approachable so do not hesitate to speak to any member of the team.

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What should I bring with me when I stay on the ward as an inpatient?

Personal care items:

- Shower gel or Soap
- Toothpaste
- Toothbrush
- Hairbrush/Comb
- Hearing aids and spare batteries
- Glasses.

Own Clothes and Pyjamas.

This helps you to feel at home and as comfortable as you can be during your stay.

Slippers or Shoes.

Appropriate footwear is important for physiotherapy sessions and safety.

Due to being a new ward we unfortunately do not have any television. However the hospital does offer free Wi-Fi which can be accessed from any mobile phone, laptop or tablet.

What can I expect during my stay?

Having surgery?

You will be kept Nil By Mouth. Your nurse caring for you will notify you when to stop eating and drinking before your procedure.

Please be aware that sometimes theatre dates and planned procedures may have to be cancelled or changed due to the demands of emergencies. If this is the case we will aim to re-allocate your surgery date as soon as possible.

Will I receive Physiotherapy?

You will be assessed after your operation and given appropriate support and exercises.

Please be aware that during your admission there could be a possibility that you may be asked to move wards. This could be due to bed demands within the hospital or patients who may have greater needs for surgery than you.