

## Accessing the Service Again

If the treatment we gave was helpful for your condition and you would like to see us again for further treatment in the future, then please either request this by calling the referral management centre on:

☎ **0800 592 087**

or ask a Healthcare Professional to refer you back to the Orthotic service.

## Further Information

For further information please to go to:



🌐 <https://www.nhs.uk/ggc/hospitals-services/services-a-to-z/orthotics/>

## How to Contact Us

Call the GGC Referral Management Appointment Booking Centre on:  
☎ **0800 592 087**

or email:

✉ **appointmentsbookingcentre@ggc.scot.nhs.uk**

This number should be used for all enquiries from the following clinics:

**Gartnavel General Hospital**

**Glasgow Royal Infirmary**

**Queen Elizabeth University Hospital**

**New Stobhill Hospital**

**New Victoria Hospital**

**Vale of Leven Hospital**

**Royal Alexandra Hospital**

**Inverclyde Royal Hospital**

**Renfrew Health and Social Care Centre**

Advice about your

# Hernia Support



Department of Orthotics  
☎ **0800 592 087**



We have given you a support to control your hernia.

This leaflet provides basic information on the correct use and care of your hernia support. If you have any further questions or concerns please contact us.

We will have shown you how to apply your support at your appointment.

- If you have been advised and shown how to reduce your hernia it is important to do this everytime you apply the support.
- After reducing the hernia, place the pad over the hernia and make sure the support strapping is secure. Then stand up and check that the support is controlling your hernia.

- If the support is not controlling the hernia please remove it and re-apply it. If this continues to happen please arrange a review appointment (please see the How to Contact Us section).
- You should wear the support throughout the day – from getting up until you go to bed. Do not wear it in the bath or shower.
- You do not need to wear it at night unless coughing causes you discomfort.

If you have any unexpected pain while wearing the support remove it and re-apply. If after reapplication the pain continues remove the support and get medical advice – telephone NHS 24 free on 111 or visit [www.nhs24.com](http://www.nhs24.com).

## Washing Instruction

For elastic band trusses, wipe down with a damp cloth, with mild detergent and warm water and allow them to air between uses.

For Fabric trusses or supports:

- Hand wash
- Use a non-biological mild detergent (soap powder)
- Do not use a fabric conditioner
- After washing, lay the support flat and allow it to dry naturally.
- Do not dry in direct sunlight
- Do not dry on a radiator.