

# Review Procedure



Please follow the review advice given to you by the orthotist.

If you require an appointment before this time, please contact the orthotic department.

**Orthotic Department Tel:** \_\_\_\_\_



Information for Patients

# Truss

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What types of Truss are there?

- Elastic
- Spring

A truss provides control to your hernia (swelling or rupture). The truss will be prescribed by your doctor and supplied by an orthotist, who will decide which type you require.

Important:

If you feel that the truss is not comfortable or the truss fails to retain your hernia then please get in touch with the department who supplied it. They will be able to advise you and may be able to make the necessary adjustments. If this is not possible ask your doctor to advise you and always seek your doctor's help at once if you have pain from your hernia.

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 all right 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.

- 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.

Replacement Truss

Your GP will be able to organise a replacement truss for you when necessary.