



IDA-TALLINNA KESKHAIGLA

AS Ida-Tallinna Keskhaigla  
Ravi 18, 10138 Tallinn  
Rg-kood 10822068  
Tel 666 1900  
E-post info@itk.ee  
www.itk.ee

# Orthopaedic nurse's appointment

**Traumatological-orthopedic patients are advised by orthopedic nurses.**

## **Pre-operation consultation**

we shall refer you to physiotherapy where you can learn to walk with crutches and perform exercises to increase muscle strength.

## **Post-operation nurse's appointment**

- evaluating the condition of the wound,
- wound care,
- wound sowing,
- removing wound stitches and K-rods,
- installing orthoses,
  
- placing and removing gypsum, teaching the patient simple dressing techniques, if required.