

About your truss

Surgical Appliance Department
Tel: 01271 322492

Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language please contact the PALS desk on 01271 314090 or at ndht.pals@nhs.net.

What is a truss?

A truss is a device to control a reducible hernia in the groin (inguinal hernia).

How do I wear the truss?

The orthotist will have adjusted the truss to fit you correctly and will have shown you how to reduce your hernia. It is most important that you then observe the following points.

1. The truss should be worn constantly during the day and put on before getting out of bed in the morning. It may be dangerous to walk about without the truss unless your doctor allows it.
2. The hernia must be returned into the body (i.e. reduced) as shown/advised by your doctor or orthotist. Failure to do this correctly may cause internal damage.
3. If possible, the hernia should not be allowed to descend or drop at all.
4. The truss should be worn next to the skin and not over a garment or it may slip and not control the hernia.
5. When using an elastic band truss, always keep the belt tight enough to hold the hernia in its reduced position.
6. The truss should be removed at night, unless you have a bad cough. Elastic band trusses are sometimes used to control a hernia a night.
7. To look after your skin, use a dusting powder (talc) around the area of the pad; this should help reduce chafing.

How do I clean the truss?

It is best to wipe the pad and under straps with a damp cloth. When dry, give a light dusting with talcum powder. Do not put your truss in the washing machine, as this will damage it.

What if I get pain around the hernia?

If you have pain around the hernia, remove the truss and urgently consult your doctor.

What if I find the truss uncomfortable?

If you feel that the truss is not comfortable or if it fails to retain the hernia, then please contact the Appliance/ Orthotic Department to arrange an appointment with the orthotist. He will be able to advise you or adjust the truss for you. If this is not possible, then consult your doctor.

Further information

If you have any questions or need more information, please contact the Surgical Appliance/Orthotic Department on **01271 322492**.

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email ndht.pals@nhs.net. You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

Have your say

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

'Care Opinion' comments forms are on all wards or online at www.careopinion.org.uk.

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