

About abdominal supports

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.

Why is an abdominal support needed?

Abdominal supports are given to some patients who have a hernia, or who have had abdominal surgery and need support to the abdomen. They should be worn throughout the day.

How do I wear the abdominal support?

Make sure the abdominal support is correctly positioned as shown by the orthotist, fastening all straps or laces tightly so that you get the maximum support. You may find you will have to lie down so that the hernia is reduced before the straps are fastened. Make sure you have fitted the abdominal support the right way up.

What if I am uncomfortable?

If you find your abdominal support uncomfortable, contact the Surgical Appliance/Orthotic Department on 01271 322492. You will be given an appointment to see the orthotist, who should be able to sort out your problem or get the belt adjusted.

How do I clean the abdominal support?

Washing by hand, using warm water and soapflakes, will make your abdominal support last longer. Stains can be rubbed lightly with a nail brush or similar. Rinse thoroughly in tepid water. If care is taken, a washing machine can be used. Place the support in a laundry bag or pillowcase, and wash on the coolest wash available or the wool program.

Washing the support in hot water will cause severe shrinkage.

It is best not to spin-dry the support as this can distort its shape. Wrap it in a towel to absorb moisture and then dry naturally. To avoid the garment wrinkling and becoming tight over the bone casings, stretch it gently before the support is dried, pulling at the top and bottom of each casing.

Do not tumble dry or dry with direct heat – on a radiator, for example – as this can affect the elastic inserts and cause shrinkage.

Remember, careful laundering of your abdominal support will prolong its life.

What if my belt needs repairing?

When your belt needs repairing, please launder it and bring it into the Surgical Appliance/Orthotic Department. There is no charge for repairs.

If your support is uncomfortable, contact the Appliance/Orthotic Department and they will order you another one. There will be a prescription charge to pay unless you are exempt for any reason.

A second abdominal support can be supplied for washing purposes.

Further information

If you have any problems or questions about your abdominal support, please contact the Surgical Appliance Officer, North Devon District Hospital.

Telephone: **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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