

## Tips for your truss

- 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.

If you have any questions regarding your truss then please contact us on the telephone numbers included.

## Eligibility

You are entitled to two trusses. If you wish to have more above your NHS entitlement, you may do so by paying. Please contact the department for a quote and advice.

## Contact us

Orthotics Department  
South Block  
Royal Berkshire NHS Foundation Trust  
London Road  
Reading RG1 5AN  
Tel: **0118 322 7552**

### Your Orthotist is:

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To find out more about our Trust visit  
[www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

**Please ask if you need this information in another language or format.**

NHS Orthotic Managers Group, May 2023  
Next review due: May 2025



**Royal Berkshire**  
NHS Foundation Trust

# Guidelines for the use of trusses

Information for patients

Department of Orthotics

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## This leaflet gives advice to patients who have been supplied with a truss from the Orthotics Department.

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### Function of a truss

The function of a truss is to maintain a reduced hernia and help relieve any pain or discomfort by applying pressure.



### Allergies

Please be aware of allergies that may occur when your skin comes into contact with metals, rubber, plastic, natural and man-made fibres. If you have any problems with your truss,

discontinue use and contact the department for a review appointment.

### 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 and then fasten the corset as above.

**Never wear your truss over an unreduced or strangulated hernia.** If you are unable to reduce your hernia, seek medical attention as soon as possible.

Symptoms of a strangulated hernia include:

- Severe pain
- Redness over the herniated area
- Tenderness over the herniated area
- Burning sensation over herniated area
- Nausea and or vomiting
- Fever
- General feeling of ill health

**If you suspect you may have a strangulated hernia you MUST seek IMMEDIATE medical attention.**