

## Emergency Department Discharge Advice

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# Information

If you need this information in large print, easy read, on audiotape or in another language please call 0800 7838058 or e-mail [pals@dchft.nhs.uk](mailto:pals@dchft.nhs.uk)

If you wish to obtain a list of the sources used to develop this information leaflet please call 0800 7838058 or e-mail [patient.info@dchft.nhs.uk](mailto:patient.info@dchft.nhs.uk)

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## Hip Pain without fracture

You are being given this leaflet because you have injured yourself (most commonly by falling) and we have not seen a fracture (broken bone) on your x-ray. We wish to give you some advice on what to expect over the next few days.

If you are able to walk and your pain is controlled you may be able to go home. If there is only bruising or sprained muscles then we certainly expect your pain to improve over a few days. You should be able to walk more comfortably as time goes by.

However, some fractures cannot be seen, or are very difficult to see on an x-ray when it is taken soon after the injury. Therefore, if after 3 to 5 days (or sooner);

1. Your hip or groin are still painful, or you are taking a lot of painkillers to deal with the pain

And / or

2. You are still struggling to walk

You should return to the Emergency Department or see your GP for another assessment. More x-rays may be arranged and occasionally a fracture will be seen on that x-ray which we could not see on the first one. If we are still concerned, but this x-ray is normal, we may arrange a scan (CT) or a follow up clinic appointment.

If you chose to come to the Emergency Department for a review it would be helpful if you could come between 9 and 5 when you are more likely to be able to see a consultant. However the department is open for 24 hours every day if necessary.