



POST-OP INSTRUCTIONS ORTHOPEDIC PROCEDURES

Follow your Doctor's orders if they differ from this sheet.

GENERAL CARE AND INSTRUCTIONS:

1. Keep the extremity (arm or leg) elevated on pillows above the heart level whenever possible to help decrease swelling.
2. Apply ice pack over surgical area for the first 12 – 24 hours unless instructed otherwise by your doctor.
3. Keep bandage dry at all times. Do not remove dressings unless instructed otherwise.
4. Some patients experience a scratchy throat if a breathing tube was used during a general anesthetic.
5. If you have had surgery on your legs, do not attempt to walk on the affected limb without the aid of crutches unless instructed otherwise by your doctor.
6. If you have a cast, special instructions will be given to you.
7. Wash your hands before touching any dressings or surgical area.

CALL YOUR DOCTOR IMMEDIATELY IF:

- a) You are having pain which is not being eased by your prescribed pain medication.
- b) Your toes or fingers are becoming swollen, discolored, blanched or increasingly painful.
- c) Tingling, numbness or decreasing ability to move your fingers or toes is noted.
- d) Any questions arise about the condition of the extremity (arm or leg).

Diet: If you have had a general anesthetic, remember to advance your diet slowly, starting with liquids and increasing to solid food.

Post-op Exam: Follow your doctor's orders and call his/her office for a follow-up appointment.