

2012

# After Orthopedic Surgery

# After Orthopedic Surgery

What was done \_\_\_\_\_.

What was found \_\_\_\_\_.

## Discomfort

You may be given a prescription for pain pills. You may try Tylenol®. You may also try anti-inflammatory (ibuprofen or Advil®) pills to prevent swelling.

Do not drink alcohol while taking pain pills.

You can expect to have some swelling – this is normal. You can use ice packs (frozen peas) every 4 hours while awake. They should not stay on for more than 30 minutes at a time. Continue while you have swelling (3–5 days).



## Activity

- \_\_\_\_\_ Allowed up as comfortable
- \_\_\_\_\_ Keep the operated limb elevated
- \_\_\_\_\_ No weight bearing on operated limb
- \_\_\_\_\_ Crutches/cane needed
- \_\_\_\_\_ Weight bearing partial with crutches

No strenuous exercises or activity until after your follow-up.

## Dressing

\_\_\_\_\_ Leave in place until your next doctor's visit

\_\_\_\_\_ Can be removed after \_\_\_\_\_ days

- Do not shower for 48 hours.
- After 48 hours, with a properly covered cast or dressing, you may have a shower. For best results, buy a cast cover for your arm or leg at a local pharmacy. If this costs too much, try wrapping a plastic bag over your dressing or cast to keep it dry while showering.
- Do not soak in the tub or swim until after your next doctor's visit.

## Stitches

\_\_\_\_\_ Your stitches can be removed after \_\_\_\_\_ days

\_\_\_\_\_ By your family doctor

\_\_\_\_\_ By your surgeon

Steri-Strips® are cloth tape over your incision. They should remain in place for 7–10 days. You may cover them with a Band Aid® so your incision is not rubbed by your clothing.

### If bleeding occurs:

- Place your hand over the dressing and press firmly.
- Place the affected part up on pillows above the level of your heart, if possible.
- Rest quietly until the bleeding stops.

**Contact your doctor if the bleeding continues.**

**In case of severe bleeding, go to the Emergency Department immediately.**

# Things to watch for

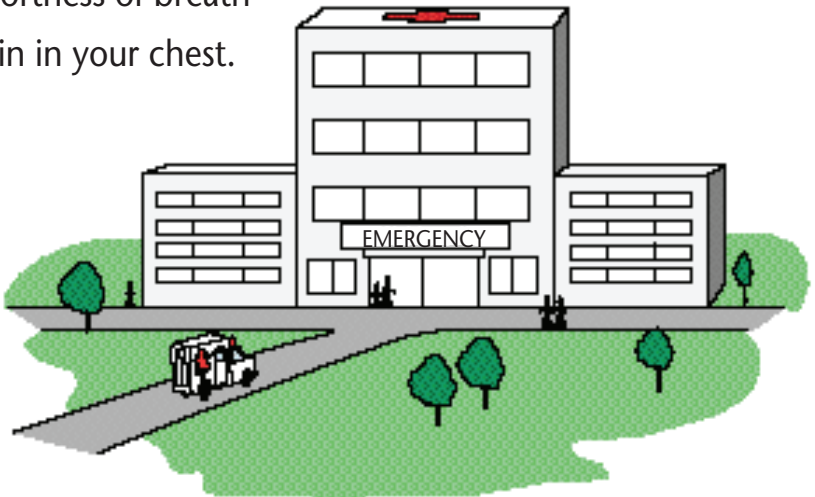
Contact your surgeon or family doctor right away if you have:

- Fever/chills
- Drainage from the incision that has an odor or color
- Separation of incision
- Redness
- Numbness or tingling in the operated limb
- Unusual color such as white or blue fingers or toes of operated limb
- Pain not relieved by medication.



Go to the nearest Emergency at your local hospital if you have:

- Pain in the calf of your leg that does not resolve with movement or massage
- Shortness of breath
- Pain in your chest.



# After surgery appointment:

Doctor: \_\_\_\_\_

Day: \_\_\_\_\_

Date: \_\_\_\_\_

Orthopedic Clinic 473-4166, 4<sup>th</sup> floor Halifax Infirmary.

**The QEI was created from a merger of hospitals in 1996. It now includes these buildings.**

1. New Halifax Infirmary
2. Abbie J. Lane Memorial Building
3. Camp Hill Veterans' Memorial Building
4. Nova Scotia Rehabilitation Centre
5. Bethune Building
6. Mackenzie Building
7. QEII Centre for Clinical Research
8. Dickson Building
9. Victoria Building
10. Centennial Building

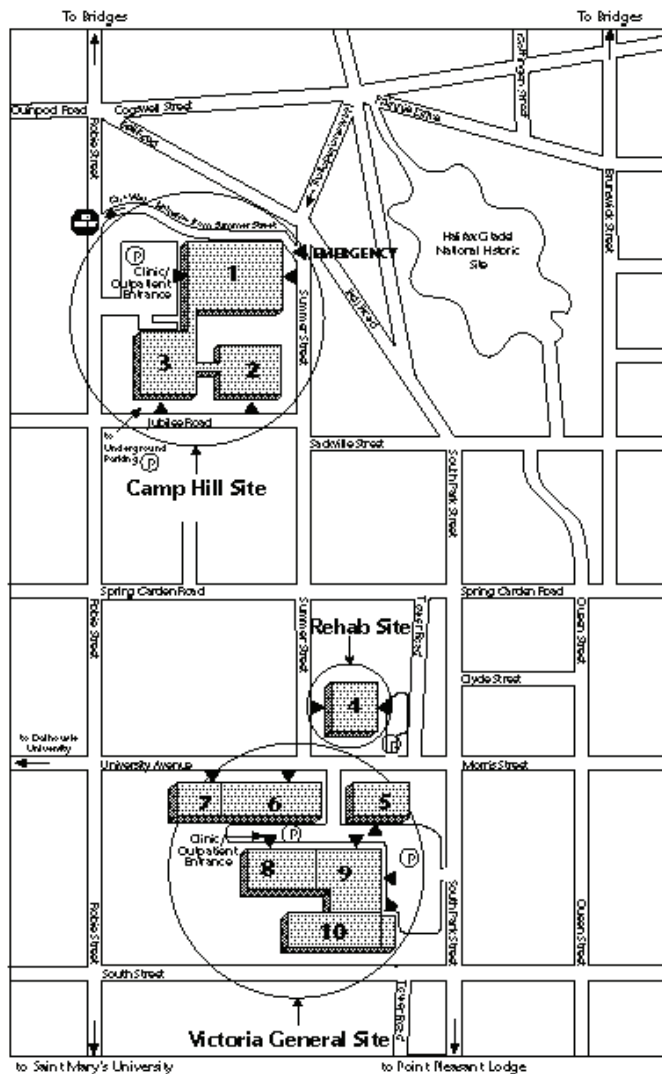
 Patient Parking

 Entrance

**Please do not wear a seat production belt you come to the QEII.**

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