



## General Post-Operative Instructions

Surgery can cause discomfort and pain. Pain medication will be most effective if taken regularly, in order to provide a steady level in your bloodstream. Pain can be further managed by the application of ice for 15 minutes of every hour.

If the pain becomes uncontrollable or you experience fever or chills please call the Sea to Sky Orthopaedic office. If you do not speak to someone directly please leave a message at the office and then go immediately to the nearest emergency facility that is open.

- Squamish General Hospital Emergency Department
- Whistler Healthcare Centre
  - If between 10pm and 8am call 604-932-4911 to speak to the answering service and they will page the doctor on call BEFORE you go to the Whistler Healthcare Centre.

### Dressing

- Keep your dressing clean and intact:
  - Until your follow up appointment with Dr. Brooks-Hill/Dr. Clark.
  - For 5 days and then remove the dressing and keep the area dry and clean for 5 more days. Leave the Steri-strips in place and let them fall away from the wound naturally. If there is pus when the dressing is removed on the 5<sup>th</sup> day call the Sea to Sky Orthopaedic office (leave a message if necessary) and go directly to the nearest emergency facility.
- If there is some blood soaking through the dressing in the first 5 days, the superficial dressing can be changed/reinforced using sterile gauze while leaving the dressing next to the skin intact.
- To shower, wrap plastic around the bandage and tape snugly at top and bottom. To bathe, after lower limb surgery, fill tub with 2-3 inches of water and sit with operated leg on rim of tub or rest it on a footstool placed in the tub.
- Should your bandage get wet, you must change the dressing to prevent infection. **Avoid touching the surgical area with your fingers.** Leave the steri strips/tapes in place. Redress the wound with sterile gauze and lightly apply elastic wrap to hold it in place.
- It is common to have bruising around the joint and into surrounding areas. This is from bleeding that occurs beneath the skin.
- DO NOT take anti-inflammatory drugs 6 weeks post surgery. If you are not sure whether your medication is anti-inflammatory please contact our office at 604-905 4075.

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### Staples/Stitches

- You have:
  - Staples.
  - Stitches.
  - An absorbable suture under your skin with long free suture ends to be cut at the surface of the skin.
  - An absorbable suture under your skin that does not need to be removed.
  - NO staples or stitches.
- If you have staples/stitches that need to be removed you must keep the incision dry until staples or stitches are removed. Please:
  - See your family doctor to have the staples or stitches removed 7-10 days post surgery.
  - See your family doctor to have the free suture ends cut at 7-10 days post surgery.
  - See Dr. Brooks-Hill/Dr. Clark at your next follow up appointment to have your staples or stitches removed.