

# Anthony N. Aram, MD, PC

Orthopaedic Surgery

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## POST-OPERATIVE CARE FOLLOWING ORTHOPAEDIC SURGERY

1. It is important to keep the affected arm/hand/leg elevated to decrease pain and swelling of the operative site. As a general rule, for every 15 minutes the extremity is down, it should be elevated for 45 minutes above your heart. This is especially important for the first 48 hours. If instructed, use ice bags on the operative site.
2. If prescriptions are provided, have them filled immediately. Take these medications only as directed. Pain medication need not be taken if there is no discomfort. Other prescriptions should be taken as directed.
3. DO NOT remove surgical dressings or allow them to get wet unless instructed otherwise.
4. Check or have someone check the circulation to the affected arm/hand/hand every few hours for the first day. To check circulation you need to press a finger to the nail areas of your fingers or toes. This will cause the area beneath the nail to become white. Upon releasing or lifting off your finger, the area should return to a pink color.
5. If you have received instructions from you doctor about Physical Therapy regarding weight bearing on crutches, follow these instructions specifically. Also, if given exercises to perform, please do so as instructed.
6. If you have been given a sling to use, please use the sling to keep your hand or arm elevated. When you are resting, you may use pillows to keep your hand or arm elevated above the level of your heart. You may also use pillows to elevate a leg while in a resting position. These steps will help to alleviate and minimize swelling.

Discomfort following surgery can be minimized by carefully following the above instructions.

Call our office immediately if:

- Excessive discomfort develops which is not controlled by the above measures.
- Excessive bleeding occurs through the bandage or dressing at the surgical site. Some bleeding/draining should be expected.
- The bandages/cast/dressing feels too tight.
- Fever or chills develop.
- If you have any questions or concerns.

A follow-up appointment should be scheduled for \_\_\_\_\_day(s)/week(s) from the date of surgery. Please call our office to schedule this appointment.