



## Orthopedic Surgery Post Procedure Instructions

**For 24 hours after the procedure:**

- ✓ You must not drive a vehicle or operate hazardous machinery
- ✓ You must not drink alcohol or use street drugs
- ✓ You must have a responsible adult accompany you home and it is advised that you are not left alone

### Dressing Instructions

- You must keep your dressings clean and dry. You can use a plastic bag to cover your leg/foot while you shower
- Do not pull out the inside padding of the dressing
- Itching is common, do not put anything down the cast to scratch your skin (this can cause injury and infection)

Do not remove your dressing until you see your surgeon at your follow-up appointment

Remove your dressing in \_\_\_\_\_ days. Apply a gauze dressing and wrap with a tensor bandage. Leave the tape bandage (steri-strips) on, they will fall off on their own in 5-7 days

### Activity

Keep your foot elevated on pillow(s) as much as possible for the first 2 weeks, and use crutches or a walker to move around. Ensure you are following your ‘weight bear’ or ‘activity status’ instructions as given to you by the surgeon.

**Activity Status (Weight Bear Status):** \_\_\_\_\_

### Managing your Pain

You can manage the pain by alternating between acetaminophen (Tylenol) and ibuprofen (Advil, Motrin) every 3 hours for the next 1-2 days.

Take your next dose of medication at:

Acetaminophen \_\_\_\_\_ **or** \_\_\_\_\_

Ibuprofen \_\_\_\_\_

You have received a Regional Anesthesia/Analgesia or “a block”. This block can last for 2 to 36 hours. As the block starts to wear off, you may start to feel tingling in your blocked limb. When you start to feel this ‘tingling’ take your first dose of prescription pain medication. Use the prescription pain medication only if needed after this, but continue to use the acetaminophen (Tylenol) and ibuprofen (Advil, Motrin).

## **Tips on Keeping Yourself Safe While You Have “a Block”**

- You must use your crutches or walker, so that you do not injure yourself or fall
- Your leg could be weak and/or your toes could be numb- get help with moving around if needed
- You will not be able to feel temperatures that are too hot or too cold. Please use extra caution around hot water, snow and ice on the ground, and when smoking

## **Diet**

- Progress your diet slowly when you return home, start with easy to digest meals first and add other food as your stomach can handle
- Drink 6 to 8 glasses of fluid per day (do not include coffee, tea or cola beverages as part of this fluid) to prevent constipation

## **When to call the Surgeons Office**

- You have unusual drainage leaking from your cast/dressing (bright red, white/yellow/green fluid) foul odor
- Your toes are cold, blue, or white and you are unable to move them
- You have a temperature over 38 degrees Celsius or fever/chills
- Ongoing vomiting
- If your pain is not being controlled by the medications prescribed to you

## **When to go to the Emergency Department**

- You find it hard to breathe or take a deep breath
- You have pain in your chest
- You have excessive bleeding (apply firm pressure)

## **Follow Up Appointment**

Outpatient Orthopedic Clinic (Rm C2-100) at Victoria Hospital

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

If you cannot keep this appointment, please call the clinic as soon as possible at 519-685-8500 ext. 56620

### **Medication Disposal:**

It is very important to dispose of leftover medication appropriately. Please return any leftover prescription medications to your pharmacy or bring them to your follow up appointment