CHIPPEWA VALLEY
ORTHOPEDICS AND
SPORTS MEDICINE
www.cvosm.com

1200 OAKLEAF WAY STE A
ALTOONA WI 54720
TEL 715.832.1400

757 LAKELAND DR. STE B
CHIPPEWA FALLS WI 54729
TEL 715.723.8514

Post-op Instructions for Hardware Removal

These instructions compliment the information given by the nursing staff. They cover many common questions.

Wound Care

- Dressings are to be kept clean and dry. A small amount of clear drainage or bleeding is normal. If an ace wrap is present, and feels too tight, you may loosen it and re-wrap it.
- If a splint is present, it should remain on until your follow-up in the clinic with your surgeon. You may shower with the splint covered. When showering, please place a plastic bag over the splint and secure it with tape. You may wrap your arm with Glad Press & Seal plastic wrap instead of a plastic bag. To keep the splint dry, you may wrap a small towel around the splint prior to applying the plastic bag or wrap. Pat the splint dry immediately with a clean towel if it does get slightly wet. If you are having severe pain in the splint, please call the office.
- If no splint is present, you may remove the dressing 3 days after surgery. At that time, you may get the incision wet when showering after surgery. The shower should be brief, and the wound patted dry with a clean towel. No baths or soaking the incision until 3-4 weeks after surgery and scabs are absent.
- If you notice purulent drainage (thick white or greenish in color) from the wound, increasing redness, or you have a temperature of 101 or higher, please report these symptoms to your surgeon or the doctor on call.

Pain

- To lessen pain and swelling, we recommend using ice after surgery. Put the ice in a zip lock bag and place a towel between the ice and surgical site. We recommend icing for 20 minutes, 4-5 times per day for the first 1-3 days. Do not place ice or cooling devices directly on the skin for prolonged periods of time as it may damage the skin.
- Swelling is common after surgery. To reduce swelling, elevation is very helpful. Elevate the extremity above the heart level for the first 2-5 days after surgery. Elevation for 30 minutes every 2 hours is a good initial recommendation. Excessive pain and swelling should be reported to your surgeon.
- For baseline pain control, we recommend adults* take Tylenol (Acetaminophen) 1000mg** three times a day. If your prescription pain medication also contains Tylenol, you should reduce this. You should not take more than 3000mg of Tylenol in a 24-hour period. You may also supplement your pain medication by taking an anti-inflammatory medication such as Ibuprofen (Advil) or Naprosyn (Aleve) between Tylenol doses (unless you have been told you cannot take these medications, are taking a blood thinner or have a history of or develop stomach ulceration).
- If that is not adequate, prescription strength pain medication may be prescribed for after you leave the hospital. Wean off this medication as your pain allows, continuing the Tylenol and anti-inflammatory as tolerated. Prescription strength medications can cause constipation and you may want to use a stool softener. If a refill is needed, please call the office during regular business hours, Monday-Thursday 8:00 a.m. to 5:00 p.m. Refills will not be made after hours or on weekends, so please plan ahead.

*Children under age 12 should take Tylenol 10mg/kg/dose
**Tylenol 325mg: 3 tabs every 8 hours OR Tylenol 500mg: 2 tabs every 8 hours

CHIPPEWA VALLEY
ORTHOPEDICS AND
SPORTS MEDICINE
www.cvosm.com

1200 OAKLEAF WAY STE A
ALTOONA WI 54720
TEL **715.832.1400**

757 LAKELAND DR. STE B
CHIPPEWA FALLS WI 54729
TEL **715.723.8514**

Driving

- To drive you must no longer be taking narcotic pain pills (plain Tylenol is allowed). Before driving, you must feel strong and alert and able to get in and out of the car without assistance.

Follow-up

- Make sure an appointment has been scheduled for you at Chippewa Valley Orthopedics & Sports Medicine for approximately 1-2 weeks after surgery.

If you have any questions after your discharge and before being seen in the office, please feel free to call

Evan Peissig, MD
Joseph Cotton- *Physician's Assistant*
Kathryn Zwiefelhofer- *Medical Assistant*
Chippewa Valley Orthopedics & Sports Medicine
715-832-1400

*Children under age 12 should take Tylenol 10mg/kg/dose
**Tylenol 325mg: 3 tabs every 8 hours OR Tylenol 500mg: 2 tabs every 8 hours