



# OrthoSouth

excellence integrity compassion

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## General Post-Operative Instructions

- You will have a large dressing covering the surgical area with a light compressive wrap to help swelling.
- If you have been placed in a **splint** following surgery (**a part soft and part hard dressing**), do not remove it unless otherwise directed by your physician (**please see the cast and splint care guidelines attached or on our website**)
- If you have a completely soft dressing (unless otherwise directed), you may remove the wrap and large outer bandages on the 2nd day after your surgery.
- Call your physician if there is expanding redness or obvious pus coming from your incision(s).
- Underneath the dressing, your incisions are usually closed with dissolvable stitches under the skin and tape strips over the incisions. Do not remove the tape strips. If they fall off, re-cover the incisions with non-occlusive band-aids.
- **Do not place any topical ointments on your incisions (peroxide, alcohol, Neosporin, etc.).**
- Replace the compressive wrap. **You should NOT stretch the wrap** when re-applying it. This may decrease the circulation.
- After your dressing is removed, you may begin to shower. Water may run over your incisions (and tapestrips). Do not scrub your wounds. Pat the incisions dry and replace non-occlusive band-aids over the incisions if needed. Do not submerge your incisions under water in a bathtub.
- Unless otherwise directed, work on moving the fingers or toes of the operative extremity as much as possible.
- Keep the operative extremity elevated higher than your heart for at least 30 minutes every 2 hours while awake for the first 3-4 days after surgery.
- If prescribed, go to physical therapy. Early passive motion (someone moving your joint for you), stretching, and proper strengthening are the keys to avoiding stiffness.
- Ice your operative site. You should apply an ice pack for at least 15 to 20 minutes every 2 hours while awake for the first 3-4 days after surgery. This will decrease your swelling and help with your post-operative pain.