



# ORTHOPEDIC PARTNERS

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## Hardware Removal

Post-Operative Instructions

### Pain Control and Ice

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- A pain medication prescription will be provided prior to discharge.
- You may take the prescribed medication as directed.
- You should expect to experience minimal to moderate for several days and even weeks following the surgery.
- Patients often only need prescription narcotics for a few days following the surgery and then can switch to over-the-counter medications such as Tylenol, Advil, or Ibuprofen.
- Ice bags and elevation should be utilized to decrease swelling and pain.

### Wound Care

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- If there is bleeding through the bandage, reinforce it with additional dressings for the first 48 hours.
- After 48 hours, remove the bandage. If the incisions are dry (no active bleeding) then you may leave the incision uncovered without a dressing. If the incision is still bleeding, place new sterile dressings over the incisions and change after an additional 24 hours. Please leave the Steri-Strips on the incision. They will be removed at your follow-up appointment.
- Showering is acceptable after 48 hours. You may get the wounds wet but do NOT scrub the incision sites.
- No swimming or tub bathing until cleared by Dr. Piposar at your first post-operative appointment

### Rehabilitation/ General Post-Op Care

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- You may weight bear as tolerated and you have no motion restrictions following surgery
- Plan at least 2-3 days away from work or school. Utilize this time to decrease swelling and participate in your home exercise program. You may be able to resume work once the pain and swelling resolves (this varies based on job activity).

### Important Notes

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- Peri-incisional numbness should be expected after any skin incision.