



Department of Surgery  
DIVISION OF ORTHOPAEDIC  
SURGERY

Département de chirurgie  
DIVISION DE CHIRURGIE  
ORTHOPÉDIQUE

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## Instructions Following Clinic-Based Procedures

### Care of the Incision

- You should remove the dressing in: \_\_\_\_\_
- If in a cast, keep cast on, clean and dry)
- Do not soak your wound/incision in water
- Once your dressing has been removed you may get the incision wet. Soap will not harm your incision. Pat incision dry.
- When showering, do not allow your wound to have direct flow for a long time, just enough to wash and rinse - **Do not soak in a tub.**
- Do not apply oils or creams to your incision unless instructed.
- Change the bandage or dressing if it gets wet. Wash your hands first.
- Depending on the wound/incision location, raise and rest the wound to reduce swelling.
- Keep your arm elevated above heart level (supported on pillows) up to 5 days.
- Wiggle your fingers and open and close your fist 4 times every hour.

### Pain Management

- If you are given a prescription for pain medication, take as directed. Pain pills can cause constipation. Be sure to drink extra fluids and eat extra fruits and vegetables.
- If your Doctor agrees you may use an anti-inflammatory such as Advil/Ibuprofen in conjunction with your prescription pain medications.

### Follow up

- Follow up: \_\_\_\_\_
- You will be given or called with an appointment for follow-up.
- For phone follow-up, email a picture of your incision to [lpoulsen@toh.ca](mailto:lpoulsen@toh.ca) the AM of your appointment.
- Call your surgeon immediately if any problems occur before your appointment
  - Your wound becomes red, swollen or starts to drain.
  - You have a fever or chills.
  - You have an increase in pain that is not controlled by your pain medication.
- If you have concerns about your care, please contact your surgeon between 7:00 am to 2:30 pm

### Additional Instructions:

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Correspondence Address:  
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