



GENERAL POSTOPERATIVE INSTRUCTIONS

CRYOTHERAPY & PAIN

- Local anesthetic has been injected around your surgical site and will wear off within 4–8 hours, having some numbness for this period of time is NORMAL.
- Apply ice on the operative site for 20 minutes 3–4 times per day for the first 48–72 hours. Alternatively use your cryotherapy unit as instructed during the first 7 to 10 days.

BANDAGES

- A tensor bandage or dressing is covering the steri-strip skin tapes that cover your surgical wounds. On the 3rd after your surgery remove the tensor/bandage and gauze, but leave the steri-strip skin tapes in place.
- It is NORMAL for some bleeding to occur through the dressings, keep the limb elevated to help with swelling and bleeding.
- If steri strips become loose, reinforce with band-aids. You can reapply the tensor to protect the wound.
- Do NOT apply Polysporin or any other ointment over the incision.

BATHING

- Keep your dressings and wounds dry – you will need to obtain a limb drape/cover or place a bag and tape over the affected area for bathing.
- You can use a tub with the affected limb out, or simply do a sponge bath. The wound should remain dry for 14 days.

CRUTCHES | BRACES

- You may need to use crutches to walk. Instructions regarding your weight bearing status will be provided prior to you being sent home.
- Based on your surgical procedure you may need to fit your brace once it fits without difficulty following surgery, and/or keep your arm comfortably protected in your shoulder immobilization brace.

PRESCRIPTIONS

- A prescription for pain control medication may be provided for you. Obtain this at a pharmacy on the same day of your procedure after discharge.
- Pain control is important. Begin use of the medication as instructed on the same day of your surgery.

ACTIVITY

- Minimize your activity for the first 48–72 hours after surgery.
- Desk employment may begin approximately 2 weeks after surgery.
- More strenuous work duties must be avoided until you are cleared by your surgeon with completion of the specific rehabilitation protocol. Refrain from high impact activities until seen by your surgeon at the follow-up visit.

INFECTION

- If you have persistent fever, or if the surgical site or joint becomes increasingly red, hot, swollen, and painful – you may have an infection.
- Please contact your surgeon's office for further instructions. If this occurs after office hours, please go to your family physician or local urgent care centre, if these options are unavailable then go to the emergency department at your nearest hospital.