



Indiana University Health



Riley Children's Health

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Discharge Instructions after Surgery

Dressings:

Hard splint or cast

- If you have a hard splint or cast, do not remove until follow-up visit and do not get wet.
- You may shower carefully with a waterproof cast cover, available on-line and at most pharmacies.

Soft dressing

- If you have been placed in a soft ACE bandage, you may remove it 24 hours after surgery but do not remove the dressing directly over the wound for one week.
- You may shower after the ACE bandage is removed. Avoid direct water on dressing covering incision.
- After one week, you may remove the dressing over the incision, leave open to air, get wet and pat dry.
- No lotions, creams, swimming, or tub soaks surrounding the incision for six weeks after surgery.

Medications:

Blood thinner

- You may be prescribed a blood thinner to prevent the formation of blood clots. Take as directed.

Pain medication

- You have been prescribed pain medication. Take sparingly as needed and wean over time.
- You may take Tylenol or acetaminophen only in place of the pain pills. DO NOT take nonsteroidal anti-inflammatory pain medications while on blood thinners: Advil, Motrin, Ibuprofen, Aleve, or Naproxen.

Stool softener

- You should take a stool softener, such as colace or docusate, while on narcotic pain medication to prevent constipation.

Antibiotics

- If discharged with a drain, you will be prescribed antibiotics. Take as directed.

Activity:

- Follow activity restrictions, brace and sling instructions as directed.
- To prevent pain and swelling, elevate the operative extremity above your heart level. You may also use ice intermittently over the first 48 hours after surgery. Do not place ice directly on skin.

Follow-up:

- Please call 317-944-9400 to make a follow-up appointment if one has not already been made. You should see Dr. Collier or Andi Banet, PA-C within 10-14 days after your surgery.

What to watch for:

- Please call 317-944-9400 for any problems, including the following:
 - Excessive redness of the incision or drainage for more than 48 hours
 - Fever of more than 101.5°F, shortness of breath, chest pain
 - Increasing swelling of the extremity that is not improved by elevation