

_____’s Care Guide after Orthopaedic Surgery

I came to the hospital on _____ and left on _____

I came to the hospital because _____

How I may feel and what I should do

These symptoms are normal

I will feel pain

- I should take my pain medication before my pain gets really bad.
- I should take my pain medication 1 hour before a physiotherapy appointment.
- I should take my pain medication 1 1 hour before doing exercises at home.
- I may need to take pain medication when I wake up in the morning because I am stiff.
- I should follow the instructions on my medication bottle.
- I should use less narcotic pain medication as my pain gets better. Examples are Percocet, Oxycodone, Tylenol 3, Morphine, or Hydromorphone.
- I can’t drive or drink alcohol while taking narcotic pain medication.
- I should talk to my pharmacist about using Tylenol Extra Strength.
- I should use an ice pack for pain and swelling, especially after physiotherapy.
Instructions for using ice: I can put ice beside my incision, but not right on top of my incision, or under my knee. I can use ice for 20 minutes, and then rest for 20 minutes, and then repeat. I should change where I put the ice each time, without putting it right on top of my incision or under my knee.

I may feel constipated

- Pain medication can make it hard for me to have a bowel movement.
- I should drink lots of water, and eat lots of fruits and vegetables.
- I shouldn’t strain or push too hard when having a bowel movement.
- I can take a laxative like Senokot if I haven’t had a bowel movement in 2 days. I should ask my pharmacist for help.

I may feel tired

- I should rest when I’m tired. Pain medication can make me feel sleepy.

I may not feel hungry



- I should eat smaller meals and snacks more often.

These symptoms are not normal

- My incision is bleeding so much that I have to change the dressing more than once an hour.
- My incision looks more red or swollen and is getting worse.
- My incision has yellow or green drainage.
- My temperature is over 38.0°C or I have chills.
- I have deep pain, redness, or swelling in the back of my lower leg. The back of my lower leg feels very tender when I run my finger across it.

I need to call my surgeon or go to the nearest emergency department if I can’t reach my surgeon.

My notes and questions

 These symptoms are an emergency 
<ul style="list-style-type: none"><input type="checkbox"/> I have trouble breathing.<input type="checkbox"/> I have chest pain.
<p align="center">I need to call 911</p>

Where I can go for more information

For information about...	I can call or go to...



August 2020

