''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 sh		
These symptoms are norm		
I will feel pain	My notes and questions	
☐ I should take my pain medication before my pain get	s really bad.	
<ul> <li>I should take my pain medication 1 hour before a appointment.</li> </ul>	a physiotherapy	
□ I should take my pain medication 1 1 hour before doing	g exercises at home.	
$\hfill \square$ $\hfill$ I may need to take pain medication when I wake up in t stiff.	the morning because I am	
□ I should follow the instructions on my medication bottle	e	
<ul> <li>I should use less narcotic pain medication as my pain are Percocet, Oxycodone, Tylenol 3, Morphine, or H</li> </ul>	_	
☐ I can't drive or drink alcohol while taking narcotic pai	in medication.	
□ I should talk to my pharmacist about using Tylenol E	Extra Strength.	
I should use an ice pack for pain and swelling, especially Instructions for using ice: I can put ice beside my incisio incision, or under my knee. I can use ice for 20 minutes, and then repeat. I should change where I put the ice each on top of my incision or under my knee.	on, but not right on top of my and then rest for 20 minutes,	
I may feel constipated		
Pain medication can make it hard for me to have a be	owel 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 bo	owel movement.	
<ul> <li>I can take a laxative like Senokot if I haven't had a b</li> <li>2 days. I should ask my pharmacist for help.</li> </ul>	powel movement in	
I may feel tired		
☐ I should rest when I'm tired. Pain medication can mak	ke me feel sleepy.	
I may not feel hungry	These symptoms	
☐ I should eat smaller meals and snacks more often.	are an emergency	
These symptoms are not normal	☐ I have trouble breathing.☐ I have chest pain.	
My incision is bleeding so much that I have to chang dressing more than once an hour.		
$\hfill \square$ My incision looks more red or swollen and is getting v		
<ul> <li>My incision has yellow or green drainage.</li> </ul>		
□ My temperature is over 38.0°C or I have chills.		



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

across it.

 $\hfill \square$  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

How I should care for my incision		
	My notes and questions	
☐ I should keep my incision covered with a dressing for 14 days.		
If I have staples		
My incision should be covered until my staples are removed.		
☐ My surgeon or family doctor will take out my staples after 10-14 days.		
I may be given a staple removal kit. I need to bring this to my staple removal appointment.		
If I have bleeding		
☐ A small amount of bleeding from my incision is normal.		
☐ I will only change my dressing if it is wet or full of blood or drainage. I can change it with a waterproof dressing purchased at the pharmacy. I should keep track of how often I need to change my dressing.		
How my activities will change		
4/		
Showering  Lean't shaven for 7 days. Lean have snange boths and lean my incision clean.		
I can't shower for 7 days. I can have sponge baths and keep my incision clean and dry.		
After 7 days I can shower and let soapy water run over my incision, but I shouldn't rub my incision.		
I can't have a bath, go swimming, or use a hot tub until I talk to my surgeon.		
I shouldn't use any creams on my incision unless I have talked to my surgeon. Exercise and physical activity		
<ul> <li>I should practice deep breathing to keep my lungs healthy.</li> </ul>		
☐ I should be active to help me gain strength and feel better.		
☐ I should go for walks often. I should rest and take a break when I need one.		
☐ I should go to my physiotherapy appointments.		
<ul> <li>I should keep doing the leg exercises that I learned about at the hospital and in my handbook.</li> </ul>		
☐ I can use pillows to elevate my feet, but I shouldn't put a pillow right under my knee.		
Transportation		
□ I can't drive for 6 weeks.		
☐ If I need to take a long car ride, I should stop and walk every	y 1-2 hours.	
My Medications		
☐ I may need to take a blood thinner to prevent blood clots.		
□ I should follow the instructions on my medication bottle.		
□ I should tell my other healthcare providers that I am taking a blood thinner.		
□ I should watch for increased bleeding and bruising.		
□ I can't drink alcohol while I am on a blood thinner because it can cause bleeding.		

Where I can go for more information		
For information about	I can call or go to	



