



After Your Orthopedic Surgery

Self-care at home

This handout gives instructions about your wound care, diet, and signs to watch for after you are home. Please talk with a member of your healthcare team if you have any questions.

Self-care at Home

Incision Care

- Keep your bandage and incision clean and dry.
- Your surgeon will tell you when you can remove your bandage. After you remove it, check your incision every day. Make sure that:
 - Wound edges are closed
 - There is no drainage, warmth, redness, or tenderness
- If you have any concerns about your incision, please call one of the numbers listed under “Who to Call” on page 2.

Diet

Eat a well-balanced diet. Include foods from all food groups: proteins, vegetables, fruits, and grains. Protein is very important in helping your wound heal. Good protein sources are:

- Meat, fish, poultry, dairy products, eggs
- Beans, lentils, tofu, peanuts, other legumes

Activity and Exercise

Please follow the directions your provider gave you about exercises and activities that you can do while recovering from surgery.

Pain Control

Please read the handout you received at your pre-surgery clinic visit about controlling your pain at home.

Follow-up Clinic Visit

You will have a follow-up clinic visit 7 to 14 days after your surgery.



At your follow-up visit, your surgeon will check your progress.

At your follow-up visit, your surgeon will:

- Check on your recovery
- Remove your staples or *sutures* (stitches)

Showering

- **After your staples or sutures are removed at your follow-up visit**, you may shower with your incision uncovered, unless your provider tells you otherwise.
- For **4 to 6 weeks** after your surgery, do **not** take a bath, sit in a hot tub, go swimming, or soak your incision in water, unless your provider tells you it is OK.

When to Call

Call your provider or clinic if you have:

- Fever higher than 101°F (38.3°C)
- Changes in your incision:
 - Opening
 - Drainage
 - Warmth, redness, or tenderness
- Numbness, tingling, or other problems in your surgical arm or leg
- Increased pain that is not eased by pain medicine
- Any symptom that causes you concern

Call 911 right away if you have:

- Chest pain
- Shortness of breath

Who to Call

If you have any questions or concerns about your recovery, call one of these numbers:

- **Weekdays from 7 a.m. to 5 p.m.:** Call 206.598.3294. When you hear the recording, press 2.
- **After hours and on holidays and weekends:** Call 206.598.6190 and ask for the Orthopedic Resident on call to be paged. If you do not hear back from a provider within 15 to 20 minutes, please call again. Tell the operator that you have not yet received a call back.

Who to Call

If you have questions or concerns, please call one of these numbers:

6 Southeast Nursing Unit

24 hours a day, 7 days a week.....206.598.4410

Bone and Joint Surgery Center (Orthopedic Clinic)

Weekdays from 8 a.m. to 5 p.m.....206.598.4288

Occupational Therapy

Weekdays from 8 a.m. to 5 p.m.....206.598.4828

Orthopedic Resident on Call

After hours and on holidays and weekends.....206.598.6190

Physical Therapy

Weekdays from 8 a.m. to 5 p.m.....206.598.4828

Roosevelt Exercise Training Center

Hours vary daily.....206.598.2888

Sports Medicine Clinic at Husky Stadium

Mondays, Tuesdays, Thursdays, and Fridays from 7 a.m. to 5 p.m.

Wednesdays 8 a.m. to 5 p.m.

During hours.....206.598.3294, option 2

After hours206.520.5000

Questions

Your questions are important. Call your doctor or healthcare provider if you have any questions or concerns.

UW Medicine Sports
Medicine Center Call
206.598.3294 and press 2.