INSTITUTE FOR ORTHOPAEDIC SURGERY UPPER EXTREMITY DISCHARGE PLAN AND INSTRUCTION SHEET

<u>DIET</u>	Resume your regular diet as tolerated. Drink plenty of water and/or other fluids.
<u>ACTIVITY</u>	Minimize activity for the first 2-3 days. Other activity as follows: Do not drive until cleared by physician. Wear sling/sling&swathe as instructed Do Codman exercises as instructed Wear TED hose as instructed Do daily axillary care Wiggle fingers of operative extremity every 15 minutes during waking hours times 48 hours.
INCISION/DRESSING	Keep bandages clean and dry. DO NOT touch or scratch your incision. Keep pets away from dressing and incision. Remove your dressing only if instructed to do so. Before you change your dressing, remove a pain pump, or drain, wash your hands for at least 30 seconds with antibacterial soap. You may shower in days. Additional:
<u>ICE</u>	Apply a large bag of ice to operative site for a minimum of 30 minutes, every 2-3 hours for the first 2 days. Continue to ice as needed to control pain and swelling as you become more active.
ELEVATION	Elevate operative hand on pillows above the level of the heart as tolerated. For shoulder surgeries, sleep semi-sitting or in recliner for the first 2-3 days with your hand supported on a pillow.
<u>MEDICATION</u>	Take the pain pills only as prescribed for as long as needed. Pain medication can cause constipation Drink plenty of fluids and eat high fiber foods. If needed, the following laxatives are recommended Senakot, Colace & Milk of Magnesia. Take your pre-operative home medications and any new medications according to the attached "Medication Reconciliations Form".
<u>IMPORTANT</u>	Call the Institute for Orthopaedic Surgery at (419) 224-7586, 24 hours a day 7 days a week, if you develop any of the following: Persistent or abnormal bleeding Persistent nausea/vomiting Numbness/tingling, discoloration, loss of movement or sensation of affected extremity Difficulty breathing Fever/chills/dizziness Redness, swelling, or pus at surgical incision Pain, swelling, or redness in the calf (See handbook for full details.) Any unusual symptom that does not seem right
MISCELLANEOUS	Have a responsible adult remain with you after discharge for approximately 24 hours. We recommend that you do not make any critical decisions, sign any legal papers or operate any dangerous equipment for 24 hours or while taking prescription pain medicine.
ADDITIONAL INSTRU	CCTIONS:
FOLLOW UP APPOIN	TMENT WITH YOUR SURGEON:
PHYSICAL THERAPY Patient and/or family men □Personal belongings give	nber verbalizes/demonstrates understanding of instructions.
I have received discharge had all my questions answ	planning, a Patient Handbook, specialized instructions for my surgery, Medication Reconciliation Form, and rered.
Patient/Responsible Party Si	gnature Date PATIENT LABEL
Nurse Signature	Date

Last REV 02/06