**COLIN M. JACKSON, M.D., FRCS(C)**

Orthopaedic Surgery, Hand and Upper Extremity Reconstruction

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**POSTOPERATIVE PATIENT CARE**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Operation Performed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Instructions:**

□ Do not remove splint/ dressing □ Remove dressing after 72 hours. Replace with clean dry dressing OK to bathe wound after 72 hours.

⯌ Keep extremity elevated above the level of the heart for 3-4 days

⯌ Ice the extremity (20 minutes at a time) for the first few days to reduce swelling

⯌ Do not use a sling.

⯌Rest the extremity on pillows and while sleeping

⯌Take Advil, Tylenol, or Tylenol #3's as tolerated for extra pain control (do not combine Tylenol and Tylenol #3's at the same time)

Contact my office, your GP, or go to the emergency room if:

⯌You have unbearable pain, not controlled with the above methods

⯌ You have ongoing drainage after 48 hours

⯌ You have increased swelling and redness tracking up the extremity

⯌ You develop a high fever in the first few days after surgery.

**Check List**:

□ Prescription \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

□ Physiotherapy □ Patient Choice □ Other \_\_\_\_\_\_\_\_

□ Self Physio

**FOLLOW UP:**

□ Family Doctor 10-14 days (patient to make appointment) for sutures wound check

□ Dr. Jackson; location □ Ortho Cast Clinic: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Jim Pattison Outpatient Care and Surgery Centre, 2nd Floor (9750 140th St. Surrey, BC)

 □ Office: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 □ Call for Appointment, 604-588-6528 ext. 1

X-Ray: □ NO □ YES Views: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Note: All “forms” should be dropped off at the office. There is a charge. Allow 3 weeks for completion.