

Patient Education

Orthopaedic Department



After Your Orthopaedic Surgery

Please read this information before going home. This sheet gives you information about your diet, hygiene, wound care, and what to look for once you are at home. Talk with your nurse or doctor about any questions you may have.

Call for Any of the Following Conditions:

- Fever above 101°F.
- Opening of incision.
- Drainage from incision.
- Reddened, tender incision.
- Numbness, tingling and/or loss of function of arm or leg.
- Increased pain not relieved by pain medication.
- Any symptom you do not fully understand.

For chest pain or shortness of breath, call 911.

Hygiene

You may shower with your incision uncovered after your staples/sutures are removed.

Do not soak your incision in water (as in a bathtub) for 2 weeks after your staples/sutures are removed.

Wound Care

Staples/sutures are removed by the surgeon at your first post-operative clinic visit unless they are removed before you leave the hospital.

Look at your incision each day and note the following:

- Wound edges are closed.
- No drainage, or redness or tenderness around incision.

Diet

Eat a well balanced diet including foods from all food groups: fruits and vegetables, grains (pasta, cereal, bread, rice), dairy products, meats, fish and poultry. Protein is especially important for wound healing to occur. Good protein sources are:

- Meat, fish, and poultry.
- Dairy products and eggs.
- Legumes (beans, lentils).

You may become constipated due to your pain medications, iron supplement, and reduced activity. To prevent constipation:

- Drink at least 6 glasses of water per day.
- Eat fresh fruits and vegetables, whole grains and bran.
- Increase fiber intake with more fruits and vegetables, and whole grain breads and cereals.

Additional Important Information

If you have had an artificial joint placed, remember to tell your dentist and other doctors. To prevent infection in your artificial joint, you may need antibiotics before dental work or surgery.

Questions?

Orthopaedic
Department

Call 206-598-4288

Your questions are important. Call your doctor or health care provider if you have questions or concerns.

For any questions or concerns, do not hesitate to call us.

Bone and Joint Center (Orthopaedic Clinic)

206-598-4288

M-F 8 a.m. to 5 p.m.

Orthopaedic Resident on call

206-598-6190

After 5 p.m. and on weekends

6 Southeast Nursing Unit

206-598-4410

24 hours/day

Occupational Therapy

206-598-4840

M-F 8 a.m. to 5 p.m.

Physical Therapy

206-598-4828

M-F 8 a.m. to 5 p.m.

Sports Medicine Clinic

206-543-1550

M-F 8 a.m. to 4:30 p.m.

Special Instructions:

UNIVERSITY OF WASHINGTON
MEDICAL CENTER
UW Medicine

Orthopaedic Department

Box 354740

1959 N.E. Pacific St., Seattle, WA 98195

206-598-4288