

operatively. If in the unusual circumstance that you require sutures removed or a different wound care protocol, I will let you know.

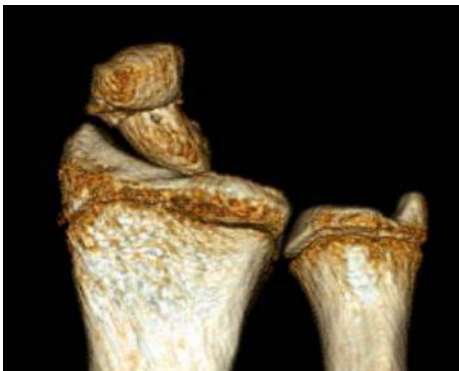
You may have a cast / splint / sling or brace. Please use these as instructed as they are an important part of your treatment. If these are causing a problem, please inform me or your therapist, as they can usually be altered in preference to being discarded.

Follow-up / problems

You will usually have a follow-up appointment within 1-3 weeks following your operation to check your wound(s), and progress. Should you have any problems prior to this please contact my rooms during working hours, or if urgent attend the Emergency Department at Murdoch Hospital for out of hours Emergencies (fees apply).

Best wishes for an excellent recovery.

Paul



3 Dimensional CT of scaphoid

Your sutures:

Wash out after 10 days

Under skin

Remove between 10 - 14 days

Your dressings :

Reduce dressings 2 days, dressings off 10 days

Leave dressings on until appointment

Hand therapist will advise

Sling / brace / splint / cast:

Keep on 24 hours per day

Remove for exercises

For _____ weeks

Follow-up appointment in :

(please phone my rooms for an appointment if you do not already have one)

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**PAUL JARRETT
ORTHOPAEDIC SURGEON**

**Hand
Upper Limb
Orthopaedic Trauma**

Your guide to post-operative care



pauljarrett.info

POST-OPERATIVE CARE GUIDE

Introduction

An operation is an important and usually stressful period of your life. The following information is designed to answer some of the questions you may have.

Your operation

You will require admission to a hospital for your operation and we will require you not to eat or drink usually within 6 hours of your operation time.

You will require an anaesthetic for your operation. Many procedures can easily be undertaken using a local anaesthetic (injection at or near the operation site) whereas some require a general anaesthetic (going to sleep). Often you will be able to choose between the two.

Following the operation some wounds require extensive and frequent dressings and others minimal care. I will usually let you know prior to the operation should extensive dressings arrangements be required.

Wrist cartilage tear



**Rotator cuff
tear**



**Rotator cuff
repair**

Post-operative care

Careful expert care may be required during the recovery period. It is important that you follow the instructions given to you by myself and the therapists, as one of the most important determinants of the results of recovery is your effort and participation in the rehabilitation process.

You should take pain killers (analgesics) to reduce your discomfort following your operation; these will normally be provided on your discharge from hospital. Should your operation have been carried out under a local anaesthetic it is advisable to take a pain killer before you go to bed even if you are not in discomfort as your local anaesthetic may wear off whilst you are asleep. In addition to making you more comfortable, your pain killers may allow you to undertake your therapy more fully.

In some situations, antibiotics will be prescribed post-operatively and unless they are causing you problems, please finish the course given to you.

Your wound, sutures and splints

Virtually all sutures that I use are absorbable and do not require removal. Often the sutures are entirely beneath the skin and can be ignored. Sometimes your sutures will be fine white sutures sticking out along the course of your wound; these will fall out after washing within a few days and as such your wound should be uncovered and washed normally from 10 days after your operation unless they are under a cast or a splint which is not meant to be removed. The wounds, unless they are not healed, can be washed, moisturised and massaged twice daily from 10 days post-



Happy patient