



Thomas Health System  
**PHYSICIAN  
PARTNERS**

*Bruce F. Haupt, M.D.*

610 Chestnut Street  
South Charleston, WV 25309  
Telephone: (304) 766-7515 Fax: (304) 766-7566

**POST OP INSTRUCTIONS**

**WOUND CARE:**

Ice with Dura Kold and elevate the involved extremity 2-3 times a day for 15 minutes.

If elastic bandage seems too tight, unwrap and rewrap more loosely.

Keep casts or splints clean and dry. **DO NOT REMOVE.**

Remove the outer dressing only if instructed to do so.

**PAIN MEDICINE:**

A prescription has been written for pain medicine. Take pain medication only as directed. **DO NOT UNDER ANY CIRCUMSTANCE INCREASE THE DOSE WITHOUT SPEAKING TO DR. HAUPT.** If you have breakthrough pain, you may take Ibuprofen or Aleve between pain medication doses to help relieve your symptoms.

Pain medication will only be refilled during business hours M-F (8 a.m. – 3 p.m.)

**CALL IF YOU HAVE PROBLEMS:**

Call the Office if you have any of the following problems:

If you have complications, please call our office at 304 766-7515, or proceed to the Emergency Room if after hours.

Complications include:

Extreme pain, shortness of breath, chest pain or signs of infection

Signs of infection include:

Redness of the wound or red streaks up the extremity

Fever above 101° F

Purulent or foul smelling drainage

**PHYSICAL THERAPY:**

If you have a prescription for physical therapy, call the location of your choice to start therapy 1-2 days after surgery

**FOLLOW UP APPOINTMENT:**

Please call our office to schedule a follow-up appointment, if you did not receive one at the time of discharge from surgery.

**IF YOU HAVE QUESTIONS, YOU MAY CALL THE OFFICE AT ANY TIME.**