

**ORTHOCLINIC, PC  
DAVID L. SOULSBY, 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.**