



Department of Surgery

Orthopaedic Discharge Instructions

Pain

- Mild to moderate pain after this procedure is common
- A prescription for pain medication should minimize discomfort
- Take your pain medication with food to prevent stomach upset
- Elevate your limb and use an ice pack for 20 minutes every hour
- Contact your doctor if pain is not relieved by medication

Activity

- Do not engage in strenuous activity
- You will be given instructions on weight bearing of the affected limb and if crutches/walker or a sling is needed
- Take short walks several times a day to prevent blood clots and constipation and to relieve soreness
- Do deep breathing exercises to keep the lungs clear and prevent pneumonia

Digestion

- Constipation is common after surgery because of inactivity and pain medication
- Walking, drinking plenty of fluids, and eating a healthy diet rich in whole grains, fruits and vegetables will help prevent constipation
- Take a mild over-the-counter stool softener or laxative if constipation lasts two to three days

Remember to wash hands to prevent infection.

You will receive a follow up phone call in one to three days after surgery from the Outpatient Recovery department.

If you receive a survey in the mail, please complete it and let us know how your experience was at Greenville Memorial Hospital. We always strive to provide very good care.

Thank you for choosing us.