



## Post-Operative Frequently Asked Questions

Frequently asked questions regarding your recent surgery. Call your Surgeons office during regular office hours. If this is an Emergency, or after hours, please go to the University Hospital Emergency Department or your local Emergency Department.

### **1. My pain medication is not helping me. What should I do?**

Take your pain medication on a regular basis as prescribed on the bottle. You may add in Ibuprofen as directed on the bottle. Do not take Ibuprofen if you have an allergy or if taking other anti-inflammatories. Continue to ice your affected limb.

### **2. I think I am developing an infection. What should I do?**

If you have symptoms (ie. fevers, chills, feeling generally unwell), proceed to the University Hospital Emergency Department or your local Emergency Department **and contact your surgeons office the following day.**

### **3. My leg really hurts down the front of my shin area, especially when I stand up. It turns a purple colour when I stand up to ambulate. Is this normal?**

Yes, this is normal. It is important to weight bear on your limb, if you are allowed, as this helps your circulation return to normal. Continue to do your exercises as directed. It is important to continue to ambulate.

### **4. I need another prescription for pain medication. How do I go about getting another one?**

Please call your Surgeon's office during regular office hours (8:00am-4:00pm) to discuss your need for another prescription. If the office is unavailable, you may contact your family doctor.

### **5. When do I come back for a follow up with the Doctor?**

You will receive an appointment for a follow up before your discharge from the hospital. If for some reason you did not receive one, please call your Surgeon's office, you will be required to have post-op visits.

### **6. I am leaking/or have discharge coming out of my scope holes &/or incision. Is this normal?**

It can be normal to have leakage from these areas. It can be variable and may last 304 days or in some cases, longer. Initially the discharge can range from bright red, to watery looking blood, to a darker coloured blood, to clear yellow.

### **7. If I am wearing a brace (ie., Tracker brace or shoulder sling) is it okay to take it off?**

You must wear your brace as directed by your Surgeon. You may remove them for skin care/washing of affected limb. You may rest out of your brace if you are awake and the affected limb is supported, unless directed by your Surgeon not to. Braces are always worn when ambulating or sleeping.

### **8. My leg/arm is bright pink or yellow. Is this normal?**

Your limb is prepped prior to your surgery with an antiseptic. This can range in colour from bright pink or yellow. You may wash this off with warm water and soap. Do not get your incision wet/wash around it only.



## Post-Operative Frequently Asked Questions

### **9. May I have a shower after my surgery?**

You may shower following your surgery as long as you protect your incision from getting wet. You must also be feeling strong enough to tolerate being in the shower. Wrap the affected limb with Saran wrap and tape to avoid getting it wet in the shower.

### **10. When can I go back to work?**

Everyone's situation is unique in regards to going back to work. Please contact your Surgeon's office if you have questions regarding this.

### **11. I need a form filled out for my workplace.**

Forms will not be filled out prior to your surgery or on the day of surgery. You may drop off these forms to the clinic on your day of surgery or any day following. You may also fax/mail the forms to your Surgeon's office. You should expect to wait up to two weeks for these forms to be completed. There is a \$25.00 fee for completed forms.