
You had orthopedic surgery _____

For your best recovery, please follow these self-care instructions and any other instructions provided by your medical team.

Follow Up appointment: 1 week after discharge with Dr. Kemp's Coordinator at 586-493-7552

- Appt. Date/Time _____

Antibiotics: Keflex for 6 weeks post-operative or _____

Common Findings after Surgery

- Fatigue (tiredness or lack of energy) for 6-8 weeks post-surgery.
- Pain and discomfort in the area of your incision (your surgery site).
- Itching in the area of the incision as it heals.
- Small amount of red blood or pink/clear yellow fluid at the surgical site.

Wound Care:

- You may shower starting after the drain is removed. It is ok to allow non-fragrant soap and water to run over your incision. (mild/plain soap ex: Ivory). Do not use alcohol or hydrogen peroxide on your wound.
- Avoid the shower stream from directly splashing on the incision.
- Do NOT scrub the incision with wash clothes or shower loofahs but gently pat dry with a clean towel.
- Change dressing every day. Apply a clean gauze or an ABD pad (or Maxi pad) on your incision.
- Avoid Submersion of the surgical site in baths, pools or spas until after your follow up appt. with Dr. Kemp.
- Observe operative area for signs of excessive bleeding, a small amount of red blood is not unusual. If you the amount of blood is excessive, call the Dr.
- Watch for signs/symptoms of infection such as increased pain, redness, swelling, odor or drainage. If you observe any of these signs please call the outpatient clinic during daytime hours at (586) 493-7552, and speak to Dr. Kemp's coordinator.

Drain Care:

**Surgical Discharge Instructions
DR. Kemp Orthopedic Oncology**

- You do Not need to apply gauze around your drains unless there is fluid leaking from the drain site.
- Strip the drain tubing and empty the output twice a day or as needed. Record the daily output totals from each drain in ml (milliliters)
- Bring your drain output records with you to your follow up appointment.
- It is OK to see a small amount of fluid oozing from the drain site. You can apply gauze to keep the drain site clean and dry.

Activity:

- **DO / DO NOT** weight bear on the effected surgical side.
- **LIMIT** activities until your incision is healed or until instructed by Dr. Kemp to return to normal or limited activities.
- Your operative limb should always remain above heart level, unless you are transferring to the bedside commode, wheelchair or recliner. Your operative limb should not be down more than 5 minutes for transfers.

If you have any of the following, please call Dr. Kemp’s clinic at 586-493-7552.

<ul style="list-style-type: none"> • Fever of 100.4 or higher (taken orally, by mouth) • Pain not controlled by medication. • Nausea, vomiting or diarrhea lasting longer than 12 hours. • Rash that develops after starting a new antibiotic. • Hard stools or no bowel movement for 3 days. 	<ul style="list-style-type: none"> • Redness, drainage, new area of swelling, sudden swelling or odor at the incision, surgical site. • Change in the skin temperature (warm or cold) in or around the surgical/incision site. • Large amount of new drainage at the surgical/incision site • Drainage from the surgical/incision site once it has completely healed (approximately one month from now)
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Call 911 if you have any of the emergent symptoms

<ul style="list-style-type: none"> • Difficulty breathing or swallowing • New onset of slow or difficult speech • New onset or persistent chest pain • New onset of bleeding (sudden increase in the amount of drainage, red in color) 	<ul style="list-style-type: none"> • Blood in sputum or tracheal secretions • Projectile vomiting • Extreme fatigue or weakness
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