

## ORTHOPAEDIC WOUND CARE

You will receive specific wound care instructions for your surgery, but the following are general guidelines:

**IMPORTANT:** If excessive bleed through is evident on any post surgery wound, please contact the office immediately at 530-891-6375.

### **Hand Surgery:**

- Do not remove any dressing or splinting material.
- For small cyst surgery, you may remove dressing after 72 hours, keeping the sutures covered with a band aid.
- Keep dressing dry and as clean as possible
- A small plastic trash bag secured with a rubber band is good for showers or a bath
- NO swimming

### **Knee & Total Hip Replacement:**

- Avoid getting the wound wet until it has thoroughly sealed and dried.
- An Ace bandage may be placed over the wound to prevent irritation from clothing or support stockings.
- Dressing should remain on until the first post operative visit 10 to 14 days after surgery.

### **Shoulder Arthroscopy:**

- You may remove the bandage in 3 days and apply band aids to the wound(s) covering any sutures.
- If your wound is covered with steri-strips (thin white tapes across incision), please do not remove them.
- Keep wound clean and dry
- You may shower in 3 days
- Do not bathe or swim until the sutures are removed
- Sutures will be removed at your first post-op visit (usually 7-10 days)

### **Knee Arthroscopy:**

- You may remove the bandage in 2 days and apply band aids to the wound(s) covering any sutures.
- Keep wound clean and dry
- You may shower in 2 days
- Do not bathe or swim until the sutures are removed.
- Sutures will be removed at your first post-op visit (usually 7 - 10 days)