

REMOVAL OF HARDWARE

...after the procedure



A Guide to Your **Discharge** and
Recovery Process



Removal of Hardware

Hardware removal is surgery to take out devices used to hold your bones together while they heal. These devices may include pins, screws, plates or wires. You may need hardware removed because you have pain, an infection or you may have developed an allergy to the device.

Hardware in young children may need to be removed to prevent problems with bone growth.

Medications

- ◆ A prescription for pain medications will be given to you upon dismissal. Please use the medications for pain as needed, and as prescribed.
- ◆ You may also take over-the-counter Ibuprofen, as directed, for pain in addition to your prescription **UNLESS** you are allergic, have stomach ulcers or kidney failure.

Swelling

- ◆ Keep your incision elevated above the level of your heart as much as possible for the first few days following surgery.
- ◆ Apply cold packs to the incision frequently after surgery.

Activities

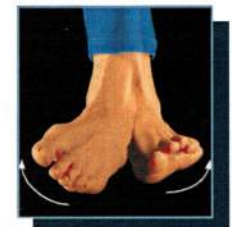
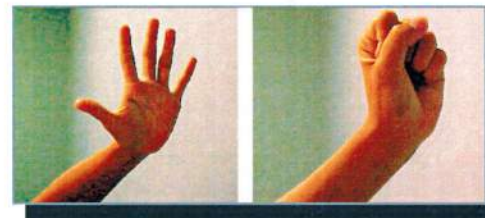
- ◆ Your doctor will inform you of any restrictions to activity after surgery.

Incision Care

- ◆ In most instances, you may remove your dressing, to clean the incision, 48 hours after surgery.
- ◆ Clean the incision daily with rubbing alcohol until it is healed. **Do not use any creams or ointments on your incision.**
- ◆ Once you are allowed to remove your dressing, you may rinse off your incision in the shower—using clean soap and water.
- ◆ Do not soak your incision in a bathtub or whirlpool.
- ◆ Do not remove the steri-strips or sutures. Your doctor may remove them at your follow-up visit.
- ◆ Despite the greatest care, any incision can become infected. Contact your physician immediately if:
 - ⇒ You run a fever
 - ⇒ Your incision becomes more painful rather than less painful as days go by
 - ⇒ Your incision becomes swollen, reddened, shows pus or red streaks

Exercise

- ◆ To help keep blood moving, wiggle any joints that are near your surgical site. These joints may include your toes, ankle, knee, elbow or fingers. Do these exercises frequently throughout the day.



An appointment will be made for you prior to you leaving the hospital or you will be given instructions on how/when to schedule your follow-up appointment.



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