**Wound Care Plan post arthroplasty:**

Avenue 2745506H

Glenferrie Pvt 2745504J

Holmesglen 274550HH

Monash house 274550JW

Mulgrave private 274550KF

Peninsula Pvt 274550FJ

SJOG Berwick 274550GX

SJOG Frankston 274550LT

* Debulk (remove) outer dressing after 24 hours.
* Ice the joint every 2 hours for 10-15 minutes, till the swelling goes. Remember that ice works up to 6 weeks after surgery.
* You can use anti-inflammatories in the immediate post op period (first 2-3 weeks), to get the swelling down, unless specifically advised not to.
* Sutures are always buried dissolving sutures that do not need to be cut and removed. The sterile dressing and steri-strips can be removed after day 14
  + If I have used nylon (non-dissolving sutures) ore staples (almost never), the wound can be inspected and the sutures removed at day 14. After removing the sutures, clean with chlorhexidine and please apply a fresh waterproof dressing for 72 hours.

* If the inner sterile dressings (waterproof) get loose or wet (or both!), please remove, clean with chlorhexidine and apply a fresh sterile dressing.
* If you have any concerns, check with a GP or physician first if feasible but don’t hesitate to contact the rooms – (03) 85940399 or reception@eastcoastortho.com.au