



# WAYPOINT

## ORTHOPAEDIC ASSOCIATES

### POST-OPERATIVE INSTRUCTIONS PROCEDURE: PEDIATRIC SUPRACONDYLAR HUMERUS FRACTURE INTERNAL FIXATION

- Pain Medication: You will be given a prescription for pain medication to be taken after surgery. This should be filled and ready for use when you return home from the surgery center/hospital. You should take an over the counter stool softener while taking narcotic pain medications to prevent constipation.
- Dressings: Leave the dressing/cast intact until you return for your post-operative visit. Keep the cast clean and dry. Do not remove.
- Sling: Use at all times. Keep upper extremity elevated to the level of the chest as often as possible.
- Cold Therapy: Always make sure to apply a barrier between the cold pad and your skin. Apply ice to surgical area in a waterproof bag for 30 minutes each hour you are awake.
- Post-Operative Appointment: Please make a post-operative appointment to see your surgeon 7-10 days following surgery.
- Prescription Refill Protocol: You **MUST** give your physician **48 hours** notice for any medication refill. Many medications require a written prescription and cannot be called into a pharmacy. Prescriptions **will not** be filled over the weekend.
- When to call your surgeon:
  - Complications after surgery are fortunately very rare. Call the office or be evaluated immediately in an emergency room if you have any of the following symptoms:
    - Persistent fever >101, chills
    - Increasing/worsening pain at the surgical site (especially not controlled with pain medications)
    - New onset numbness or tingling
    - Hives or new rashes
    - Shortness of breath or chest pain
    - Persistent nausea/vomiting
    - Increased drainage from the incision