



## **DISCHARGE INSTRUCTIONS - REMOVAL OF HARDWARE**

Surgery is different for everyone; this is a guide only. Please relay **any** concerns to our Practice Nurse.

### **Dressings**

Leave the dressings dry and intact until a follow up appointment with Wagga Orthopaedics & Sports Surgery or your GP. Generally, this is 2 weeks after surgery.

### **Swelling**

Swelling occurs as a natural response to surgery and tissue injury. The incision site may be slightly tender, puffy, and swollen for 1-2 weeks post-operatively. Swelling tends to increase around the operated site with increased activity however this should decrease over time.

The incision site will benefit from an ice compress for 20 minutes at a time, multiple times a day.

### **Medication**

You will leave hospital with prescribed pain relief. Follow the instructions as per your medications label. If you have any concerns with the prescribed medication, please contact our rooms and speak with our practice nurse 6925 2250.

### **Constipation**

Constipation is having fewer bowel motions than normal. There are several reasons you may become constipated following surgery: Pain medication, dehydration, inadequate fibre in your diet, and reduced physical activity.

To prevent constipation, eat a well-balanced diet that is high in fibre, such as All Bran, Metamucil, Benefibre, Prune juice, Rhubarb or Papaya, to name a few. If you are having concerns speak with your pharmacist.

Take it easy, rest and hydrate, if you have any concerns following surgery, please don't hesitate to contact our rooms 6925 2250.

**Running Low on Medication:** Reminder our practice closes at 3pm on Fridays. To ensure you receive your script in time, please contact our rooms prior to 12pm to request further medication.