



Closed Reduction Percutaneous Pinning **Home Care Instructions**

- Diet** Start out with liquids and progress to your regular diet as tolerated.
- Activity** No strenuous activities until surgically cleared.
- Pain Medication** You will be given a prescription for narcotic pain medicine before you leave the hospital. Take this medication only if you need to relieve severe pain. Only take one pill every four hours. If your pain is not relieved by one pill, you may take two pills at your next dose. You may also use Aleve or Advil over the counter medicine if you choose. Use caution when taking narcotic medications, because they affect your ability to drive and concentrate.
- Showering** The second morning following surgery you may shower after removing all the bandages from your surgery site. Do not use a hot tub, bath, or go swimming until the doctor clears you to do so.
- Wound Care** Arthroscopy portal (wounds) are small and are usually closed with steri-strips and a stitch. Every day you should clean the wounds with alcohol and apply a band-aid to each site. Open: If you have a larger incision, you will need to keep it away from water until the stitches have been removed. Do not use a hot tub, bath, or go swimming until instructed.
- Ice** Ice is an excellent source of relief of pain, swelling, stiffness, and inflammation. Use it as often as 15-20 minutes three times a day. You may continue to use ice several weeks following surgery. **DO NOT USE HEAT!**
- Return Visits** The office will call you to schedule your post-operative appointments.
- Emergency** Dr. Russonella's staff is available 24 hours a day in case you experience any problems once you leave the hospital. The risk of infection is very low risk. Notify the office if you develop a fever >101°F, with unusual increase in pain, redness, and warmth. Report any pus or unusual drainage to our office immediately. It could be a concern if your incisions swell or have drainage. If you encounter any problems, please call our office.

**** If you feel chest pain or shortness of breath, please go to the nearest ER for evaluation. Do not call the office or wait for an appointment; although extremely rare, this could be a blood clot in the lungs.****