

IMPORTANT TIPS AFTER SURGERY

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Pre-Medication Before Follow-up Appointment

In order to treat your child properly, it will be necessary to gently manipulate their body part which had surgery. It is extremely important to us that your child's pain be limited as much as possible and you can help us with this by giving your child some of their pain medicine a couple hours before the time of treatment, as well as bring some with you to medicate again at the time of the treatment (if needed). Below are some additional specifics to identify if your child needs pain medicine before the appointment.

- **CAST** - If your child is getting a cast put on or removed, this can be painful. Please pre-medicate.
- **PIN REMOVAL** – If your child is getting pins removed, this will be painful. Please pre-medicate. The pins will be removed with pliers. Therefore it is helpful for the parent who comes to this appointment to be able to handle the sight of blood as well as pins protruding through the skin.

Pre-Medication is NOT necessary for the following:

- **STITCHES** - If your child is getting stitches removed, **it is NOT necessary to pre-medicate your child.** But, if your child has a low pain tolerance, please feel free to pre-medicate.

Showers

All patients can take a shower 48 hours after surgery. If you were given special instructions to not remove a splint/dressing, simply cover it up prior to showering. (HELPFUL HINT: Long's Pharmacy and Hawthorne Pharmacy sell special coverings for this purpose. Garbage bags work just fine as well).

Prescriptions and Other Information about Medicines After Surgery

- **Run out of Prescriptions** -If you run out of your pain medicines and need more, please call our office during business hours. Many of these medications are Narcotics and cannot be called in after hours. Call 803-227-8176.
- **Motrin** – All patients can begin taking Motrin 48 hours after surgery if needed.
- **Over the Counter Tylenol**- Many of the medications I prescribe already have Tylenol in them. Therefore, do not take over-the-counter Tylenol combined with medications I have prescribed.

Swelling and Pain – RICE

After surgery, it will take some time for you to recover and get back to speed. Please use the following to help with swelling and pain:

- **REST** –Become a couch potato.
- **ICE** – Put ice in a Ziploc bag and keep on area in pain or with swelling as long as the patient can tolerate. *
NO HEAT* NO HEAT* NO HEAT
- **COMPRESSION**-Whether in a splint/ace wrap or cast, keeping the area affected compressed will help.
- **ELEVATE** –Use pillows, chairs, etc.. to help keep the affected area elevated.

Well-Being of Your Child

Occasionally, after surgery, children can have various symptoms. Please contact the proper person if the following occur:

- **Sore Throat/Cough/Ear Problems/Nasal Congestion** -If your child has any of these symptoms, please contact their primary care physician.
- **Fever** –If your child has a fever greater than 101 degrees, please contact Dr. Locke at 803-227-8000.

Dr. Locke's clinical care team