



## **General Post-Operative Instructions**

### **First Follow-up:**

- \*remove dressing**
- \*check wound**
- \*remove sutures at 7-10 days**
- \*may shower after skin sealed over**
- \*may NOT soak in tub until minimum 10 days post-op (depending on condition of wound)**
- \*should keep light dressing over wound to protect from irritation from clothes and to keep clean**
- \*may clean wound with ½ strength peroxide but not use antibiotic ointments unless specifically instructed to do so**
- \*take medications for pain control as directed. Remember...fracture healing is slowed by the use of NSAIDs (e.g. Motrin, Advil) so avoid these if possible in fracture care**
- \*x-rays are not necessary at the first post-op visit unless there has been a problem, or there is a specific concern regarding the stability of the fracture**

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Please contact my office at (806) 797-4985 if you have any questions or concerns.