

DR. JAMES LOWE'S WOUND CARE, CAST, AND PIN SITE INSTRUCTIONS

Days 2-5: Apply Polysporin or Bacitracin ointment sparingly to suture line after cleaning wounds or pin sites twice daily with soap and water. If "Dermabond," "Superglue," or tape has been applied to your wound the ointment is not necessary. The pin sites should be cleaned with quarter strength peroxide and tap water using a Q-tip twice a day if they are not covered by a cast or you have a removable splint.

With permission, you may shower the second post-operative day, let the water gently hit the area, and blot dry in some cases. If you have a cast you should cover it with a plastic bag and tape to keep it as dry as possible. It is OK if the cast gets a little wet.

It is essential that you elevate the operated extremity above the heart for the first 48 hours and as much as possible for at least one week. Notify the physician if the pain is severe and not controlled by medications. The swelling and discoloration peaks at the third day and then decreases over the next five days.

Days 5-7: If the wound is not covered by a cast or you have a removable splint you may begin to wear steri-strips (tape) or apply other products such as Mederma, Silicone Sheeting, or Silicone Gel for the next several months or longer as instructed to decrease scarring. Discontinue the application of Polysporin or Bacitracin antibiotic ointments to wound at this time. If you have pins in place continue to wash with soap and water twice a day and clean sites daily with quarter percent hydrogen peroxide and Q-tips.

Weeks 2-4: One half or all the sutures will usually be removed from the upper extremity in clinic if indicated. Continue to wear steri-strips or other products at all times. The longer you use these products after surgery, the better the final appearance of your incision will be. The swelling and discoloration around your wound should be decreased.

Weeks 4-6: Apply Nivea or other over-the-counter moisturizer to wound site and massage the area two or three times a day if the wound is not covered by a cast. Most pins will be removed by the sixth week, but the pin care should be continued for at least one week after removal.

Months 3-6: The scar will be re-evaluated at this time. Usually, scar revisions will not be performed until six to twelve months after the last surgery, if needed.

STRENUOUS ACTIVITY AND HEAVY LIFTING IS TO BE AVOIDED FOR AT LEAST 6-WEEKS. DIRECT SUN CONTACT ON THE SURGICAL SITE IS TO BE AVOIDED FOR 6-12 MONTHS. PLEASE USE A SUN SCREEN – SPF 15 OR GREATER WHEN IN THE SUN.

***Call the office you have any questions or if any problem should arise, or if you are having any signs or symptoms of infection (redness, fever, or drainage). (405) 749-4227 JBL**