

DR. JAMES LOWE'S WOUND CARE & CAST & PIN INSTRUCTIONS

Days 2-5: Follow up with Dr. Lowe as instructed for cast removal or modification. Until you are told to remove your cast shower daily with extremity covered with a plastic bag and tape to keep as dry as possible. It is OK if the cast or splint gets a little wet.

Clean any exposed wounds with soap and water on the second day post operatively. If medical glue or tape has been applied to your wound there is very little care or dressing required. If you have pins, the pin sites should be cleaned with quarter strength peroxide and tap water using a Q-tip twice a day (if the pins are not covered by a cast or you have a removable splint).

It is essential that you elevate the operated extremity above the heart when possible for the first 48 hours and frequently 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 usually 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 a light dressing and an Ace wrap to control swelling. Avoid the application of antibiotic ointments to wound unless instructed otherwise and allow wound to dry. Vaseline can be applied to dry areas sparingly once or twice a week. Continue to wash your wounds at least once a day and if you have pins in place 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 extremity in clinic if indicated. Continue to wear medical tape or other products as instructed. Apply other products such as Mederma, Silicone Sheeting, or Silicone Gel for the next several months or longer as instructed to decrease scarring. 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 Cetaphil, Vaseline, 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) 942-4300 JBL**