



**Sports Medicine Institute
Dr. Palumbo**

Discharge Instructions

- Sling Use:** Continuous As Indicated
- Crutches:** Use crutches as instructed
- Dressings:** Dressings may be removed after 24 hours unless instructed otherwise. Recover with a clean, dry gauze dressing and change daily.
- Cast or Splint:** Keep the cast/splint clean and dry. Watch for increased swelling, numbness or tingling of fingers or toes. If showering, wrap the top of the cast/splint with a towel. Then cover the entire cast/splint with 2 garbage/plastic bags and tape securely above the cast/splint.
- Ice:** Use an ice bag after surgery to help decrease swelling. Cover the area with a hand towel and apply an ice bag for 20 minutes every hour for several hours. This should be done at least 4-6 times per day for 2-3 days post-op.
- Shower:** You may shower 24 hours after surgery unless otherwise instructed.
- Elevation:** To help control swelling, elevate the extremity on pillows above heart level periodically. If swelling begins to increase, elevate again.
- Incision:** Keep incisions clean and dry. Do not remove Seri-Strips. Report any redness, swelling or drainage.
- Follow-Up Appointment:** You should have schedule a Post-Op Office appointment 7-14 days following your surgery. If you do not have an appointment, call our office on the next business day to arrange one.

Thank you for following the above instructions. If you have any questions, please call our office at (610) 973-6200 and ask for one of the following Team Palumbo Staff members: Brian Kephart, PA-C, ATC or Casey Muthard, BS.