

Damian M. Andrisani, M.D.
Bradley C. Bley, D.O.
Steven M. Dellose, M.D.
Matthew D. Eichenbaum, M.D.
Mark S. Eskander, M.D.
Brian J. Galinat, M.D.
Andrew J. Gelman, D.O.
Paul C. Kupcha, M.D.
Joseph J. Mesa, M.D.



DELAWARE ORTHOPAEDIC SPECIALISTS

Douglas A. Palma, M.D.
J. Douglas Patterson, M.D.
Katherine M. Perscky, D.P.M.
Michael J. Principe, D.O.
Nicholas F. Quercetti, D.O.
James J. Rubano, M.D.
David K. Solacoff, M.D.
Peter F. Townsend, M.D.
Matthew K. Voltz, D.O.

Discharge Instructions

Removal of Deep Implants (Screws, Plate, Rod)

- Diet:** Start out with liquids and progress to your regular diet as you tolerate.
- Activity:** If no split, may weight bear as tolerated and use limb within tolerances; however, **DO NOT** do any lifting, carrying, pushing or pulling with injured limb until follow up appointment. If you currently have a splint on the injured limb, remain non-weight bearing on that limb.
- Pain:** Take pain medication as needed. Please contact the office at 302-655-9494 if your pain is uncontrolled.
- Ice:** Ice is an excellent source for pain, relief, swelling, stiffness and inflammation. Use it as often as 20 minutes out of every hour. It can be used for several weeks as needed.
- Follow-up:** Call the office at 302- 655-9494 after discharge from hospital to schedule a follow up appointment for 1 week after surgery.
- Emergency:** We are available 24 hours a day in case you experience any problems once you leave the hospital. After hours, please call 302-655-9494 for assistance.
- Dressing:** If splint placed, **DO NOT REMOVE SPLINT** until returning for your post-operative follow up appointment. Keep splint clean and dry until follow up visit. Place in bag and use tape to keep dry while bathing. If no splint, may remove dressing on post-op day 3 and shower.
- Sutures:** Your sutures or staples will be removed at your follow-up visit.