



General recommendations for the discharge of orthopedic patients



While wishing you good health and complete recovery, please pay attention to the following points regarding the necessary care at home.

1. If the lower limb (pelvis, knee or any part of the leg) is injured, pay attention to the nurse's instructions at the time of discharge regarding the way of activity (walking with a cane or walker). If your injury or problem is in the spine area. . A belt or a brace will definitely be used for you, which should be used while sitting and walking.
2. In case of need and doctor's order to change the dressing, be sure to refer to the well-equipped and reliable centers, and do not use any material except betadine and washing serum for the dressing. Ointments and creams can be used. cause an increase in infection.
3. If the device used to fix the fracture is on the surface of the skin. Such as pin, external fixator, Elizarov, etc., the device and especially the place where the pins enter the skin should be disinfected slowly with medical alcohol.
4. The pain after the surgery was more in the beginning and it gradually decreases. If you need to continue taking medicines at home (analgesic, antibiotics, etc.), the doctor will prescribe for you. Pay attention if you prescribe antibiotics. Consume completely.
5. If the patient has a normal diet and there is no lack of nutrients in the body, he does not need special strengthening medicine. Orthopedic patients should consume plenty of water and high-protein foods (meat, legumes), foods containing calcium (low-fat dairy products) and vitamin C (fruits). and fresh vegetables) are recommended.
6. As long as the surgical wound needs dressing (usually two weeks), avoid water from reaching the wound. During this period, wash the rest of your body. But avoid water from reaching the wound. For this purpose, you can use standard waterproof dressings, or if you have a cast or splint, use a plastic cover during bathing to prevent the destruction of the cast or splint.



7. If the site of your surgery experiences severe pain, swelling, redness, or secretions, or fever, chills, or malaise, you should immediately go to the emergency room of the hospital where you were operated on, because it may be a sign of infection, which is very important.

8. If you feel itching in the part inside the plaster, avoid entering the sharp objects into the plaster and use a hair dryer with cold wind.

9. Please pay attention to the date and time of your next visit to the clinic, which is recorded in your appointment card.