

Pediatric Post Op Instructions

GENERAL:

- Keep your head elevated 48 hours; use 2 pillows for sleeping.
- No bending or leaning forward at the waist x 48 hours
- No heavy lifting, straining or exercise, and no swimming.
- You may use an ice bag on the operative site to help control pain and swelling, but do not leave it on for more than 20 minutes at a time.
- Please leave the surgical glue in place until your postoperative visit.
- When bathing after this, please wash very gently and pat the area dry.
- Do not soak the operative area.

DISCOLORATION:

- It is normal to have discoloration, tingling and temperature changes near the surgery. The discoloration may not begin for several days. If the wound is becoming redder, more swollen and more painful, please contact my office.

MEDICATIONS:

- You may give Ibuprofen (Advil, Motrin) ___ mL of 100mg/mL elixir and Acetaminophen (Tylenol) ___ mL of 160mg/5mL elixir for pain.
- You may want to take these over-the-counter pain medications on a schedule, rather than waiting for pain.
 - The first two days after surgery are the most painful. If your pain is not decreasing after 48 hours of medication and elevation, you should contact my office.

DIET:

- Drink more fluids than usual today.

ACTIVITY:

- Try to walk each day.
- Please avoid contact sports and athletic activity, however.

NOTIFY YOUR DOCTOR IF YOU HAVE ANY OF THE FOLLOWING SYMPTOMS:

- Excessive bleeding
- Fever greater than 101.5° F (39 ° C)
- Pain unrelieved by pain medication
- Impaired circulation (skin of extremity cool, pale, or blue)
- Calf tenderness

See Dr. Laub in the office in 5-7 days or as scheduled.

Please call 802-864-0192 for if you have any questions or problems.