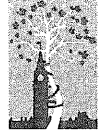




Department of Surgery
DIVISION OF ORTHOPAEDIC
SURGERY

Département de chirurgie
DIVISION DE CHIRURGIE
ORTHOPÉDIQUE



POST OPERATIVE INSTRUCTIONS PERIACETABULAR OSTEOTOMY

Wound:

- Keep it dry for the next 48 hours. Then you may shower.
- No bath or swimming
- If you have a dressing, always keep your dressing clean and dry. If the dressing becomes soiled or wet, it must be changed in order to prevent infection. This can be purchased at any pharmacy.
- If you have an Aquacel dressing, remove it in 5-6 days and leave open to air or apply strip dressing. This can be purchased at the pharmacy. You can shower with Aquacel dressing.
- If you develop signs of infection (redness, excessive swelling, and purulent discharge) please call my office or go to the nearest emergency department
- If you have sutures or staples they can be removed in 10 to 14 days by your family doctor or the plaster room at the General Campus

Getting Around:

- You are to be toe-touch weight-bearing on your operated leg for the next 8 weeks using crutches
- There is no restriction on range of motion or sitting
- You cannot drive for 8 weeks
- You will be in hospital for 1-3 days
- Recommend 6-8 weeks off work
- Do not travel by car for next 6 days
- Do not travel by airplane for next 7 weeks

Medications

- You will be given a prescription for pain medication that you take as needed
- You will also receive a prescription for blood clot prevention medication that need to take for 21 days

Physiotherapy

- Your referral is included in this package

Please call the Plaster room to book your first follow-up in 2 to 4 weeks after surgery at 613-737-8400.

If you develop fever, chills or severe shortness of breath, please go to the nearest emergency department.

All insurance forms, medical notes, work notes, etc will be filled out after the surgery takes place.