

Post-Surgery Instructions Pediatric Primary Surgery

WEEKS ONE AND TWO

Goal: Allow incision and post-operative healing.

Immobilizer	Should be worn at all times	If immobilizer needs to be replaced, contact your therapist, orthotist or hospital orthopedic clinic. Use a pediatric sling temporarily until you have the replacement.
Incision	Check for signs of infection—discharge of any kind, redness, warmth, smell. Keep clean and dry. Change dressing 1x / day. See your pediatrician for an incision check one week following surgery.	Check with your pediatrician.
Circulatory	Check nail beds for two days post surgery (should be pink). Press nail bed until turns white and release, should return normal pink color within 2 seconds.	Call Dr. Nath (866) 675-2200
Bathing	Sponge baths only until incision is completely closed.	
Passive Range of Motion	Shoulder, elbow, wrist, fingers carefully, as tolerated.	

WEEK THREE

Goal: Continue passive range of motion to prevent secondary complications to the shoulder, elbow, wrist and hand. Follow up with Dr. Nath: drnath@drnathmedical.com (866) 675-2200

Immobilizer	Stop using immobilizer	
Incision	Check for signs of infection (discharge of any kind, redness, warmth) Steri-strips may fall off on their own. Begin to remove steri-strips with warm soapy washcloth. Leave open to air.	Check with pediatrician
Bathing	Normal bathing allowed if incision is completely closed.	
Passive Range of Motion	Shoulder, elbow, wrist, fingers	
Therapy	Therapy resumes	