



MIDJERSEY
ORTHOPAEDICS
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Post-op Instructions

Below you will find instructions on how to care for your wound and bandage.

Your bandage, along with any brace, boot or post-op shoe, should remain dry and covered during bathing. It should also remain on during sleeping.

Two days following your surgery remove the dressing in the morning. Clean wound and area with peroxide. Please do not apply any ointments. Apply new clean bandage. This may be less bulky than the original (ie. light gauze roll or Band-Aid). Continue with once daily peroxide wash and daily dressing change.

If you were given a brace, boot or shoe, it should be re-applied after dressing change. If you are not comfortable changing your own bandage, you may leave the original bandage in place until your first post-op visit.