

# Postoperative Discharge Instructions for Plate Removal

## Pain/Comfort

The patient's surgical site may have been injected with a numbing agent. This should provide additional pain relief for six to eight hours after surgery. The patient should be medicated within these eight hours for continued pain management. Pain medicines may be needed for one to three days. Plain Tylenol or Motrin may be used.

## Site Care

Look at the dressings before you leave the hospital to be aware of the appearance. Look at the dressings three to four times over the next 24 hours. If the bleeding seems excessive or leaks under the edge of the clear dressing, call Telehealth Nursing at 651-229-3890. DO NOT remove the clear dressings or Steri-Strips. They will begin to fall off in 10-14 days. These dressings may be washed over, but to allow the incision to heal, do not soak in water or the tub until 10-14 days after surgery. Keep the incision area clean and dry. The surgical incision should be shielded from sun exposure with sun block or clothing for at least eight months to minimize scarring.

## Activity

The patient may begin sitting up in a chair or wheelchair as tolerated, and may stand and move about as tolerated the next day. Until the screw holes have healed, which takes about six weeks, there is a risk for fracture or breakage of the bone. For the first six weeks after surgery there should be NO running, jumping, or sports activities. The use of a walker or crutches may minimize the risk of being bumped by other people. Depending on the level of comfort, the patient may return to school two to five days after surgery.

## Questions or Problems

Call Telehealth Nursing at 651-229-3890 if any of the following conditions are present:

- Fever over 101.5 F
- Throat irritation
- Severe pain

[Make An Appointment 651-290-8707](#) [Refer a Patient 651-325-2200](#)

This information is for educational purposes only. It is not intended to replace the advice of your health care providers. If you have any questions, talk with your doctor or others on your health care team.

If you are a Gillette patient with urgent questions or concerns, please contact Telehealth Nursing at [651-229-3890](tel:651-229-3890).