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# DR BOB JANG

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Orthopaedic Surgeon

## Post-Operative Instructions for Hardware Removal Surgery

You have now completed your hardware removal surgery. Following these post-operative instructions will help promote healing and a smooth recovery process. Please read and follow these guidelines carefully. If you have any questions or concerns, do not hesitate to contact Dr Jang.

### Wound Care:

#### Keep the Incision Clean:

- Gently clean the incision site with mild soap and water daily, unless otherwise instructed by Dr Jang.
- Pat the area dry with a clean towel. Avoid rubbing the incision site.

#### Monitor for Signs of Infection:

- Watch for signs of infection such as increased redness, swelling, warmth, pain, or drainage from the incision site.
- Contact Dr Jang immediately if you notice any signs of infection.

### Activity and Rehabilitation:

#### Limit Activity:

- Avoid strenuous activities, heavy lifting, and vigorous exercise for the first few weeks following surgery.
- Gradually increase activity levels as tolerated, following Dr Jang's guidance.

#### Physical Therapy:

- Follow any prescribed physical therapy exercises to regain strength and mobility.
- Start rehabilitation exercises as directed by Dr Jang or physical therapist.

### Pain Management:

#### Take Pain Medication as Prescribed:

- Take prescribed pain medication as directed by your surgeon.
- Do not exceed the recommended dosage, and avoid alcohol while taking pain medication.

#### Use Ice Packs:

- Apply ice packs to the surgical site for 20 minutes at a time, several times a day, to reduce swelling and discomfort.

### Follow-up Care:

#### Attend Follow-up Appointments:

- Schedule and attend all follow-up appointments with Dr Jang.
- These appointments are essential for monitoring your recovery progress and ensuring proper healing.



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## Stitch Removal:

- If non-absorbable stitches were used, they will typically be removed during a follow-up appointment. Follow Dr Jang's instructions regarding stitch removal.

## Diet and Hydration:

### Stay Hydrated:

- Drink plenty of fluids to stay hydrated and support the healing process.
- Follow any dietary restrictions provided by Dr Jang, especially if anaesthesia was used during surgery.

## General Precautions:

### Protect the Incision Site:

- Keep the incision site dry and covered with a clean bandage or dressing, as instructed by Dr Jang.
- Avoid exposing the incision site to excessive moisture or direct sunlight.

### Avoid Smoking:

- Smoking can impair healing and increase the risk of complications. If you smoke, consider quitting or reducing your smoking during the recovery period.

### Monitor for Complications:

- Pay attention to any unusual symptoms or complications, such as persistent pain, fever, or excessive swelling.
- Contact Dr Jang immediately if you experience any concerning symptoms.

**Emergency Contact Information:** In case of emergency or if you have urgent concerns outside of regular office hours, please contact: Practice nurse mobile 0481 397 113 or contact the Orthopaedic Registrar for Dr Jang at Concord Hospital 02 9767 5000.

**Note:** These post-operative instructions are general guidelines. Dr Jang may provide additional or specific instructions based on your individual case. It's essential to follow Dr Jang's recommendations closely for the best possible outcome.

If you have any questions or need further clarification about your post-operative care, don't hesitate to reach out to your healthcare provider. We wish you a speedy and successful recovery.

**Contact Information:** If you have any questions, concerns, or need to schedule an appointment, please contact Dr Jang at the following:

- Phone: 02 8078 6621 (Strathfield/Bankstown), 02 9525 2055 (Caringbah)
- Email: [admin@drbobjang.com.au](mailto:admin@drbobjang.com.au) or [reception@orthocentre.com.au](mailto:reception@orthocentre.com.au)
- Address: Caringbah/Bankstown/Strathfield.



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