

Wound care instructions after orthopedic surgery

Orthopedic wound is surgical wound after bone surgery. Foreign objects like artificial joints or fixing materials for example plates and screws have been inserted into you during surgery. The wound has either stitches, clips or dissolvable stitches.

Wound care

The same bandage can be used to protect the wound for a maximum of one week. You will receive a replacement bandage from the department when you go home. A small discharge from the wound to the bandage is not harmful. Change the bandage earlier if there is a lot of leakage or the bandage comes off.

Wash and disinfect your hands before wound care. Keep wound covered until the stitches or staples have been removed. Protect dissolvable stitches for two weeks.

You can take showers when wound has been protected with waterproof bandage. Going to the sauna, having a bath or swimming is only allowed when the stitches or clips have been removed.

Please get in touch if you have fever or you notice signs of infection at your wound.

Signs of infection

- increasing pain
- warmth in the wound area
- redness
- swelling
- bleeding or other exudate from the wound

Removing stitches

Make an appointment with a nurse to have the stitches or clips removed.

Date is ____ / ____ 20__.

There is no need to remove stitches from dissolvable stitches. Two weeks wound protection is all you need to do.

Contact information

Surgical ward 2
tel 02 627 6450