



AMPUTATION POST-OP ORDERS

After returning to home, YOU MAY:

- 1) Have Steri-Strips (small pieces of tape), sutures and staples over your incision.
- 2) Wash skin around incisions with soap and water. Leave incision alone. Dry with clean towel.
- 3) Patients with below knee amputations should sit with their knee extended (straight).
- 4) Patients with below knee and above knee amputation commonly experience leg swelling, which is common after this type of surgery. Lying down with your legs elevated above the level of your heart is helpful to decrease leg swelling.
- 5) Tire easily for 4 to 6 weeks after surgery. Short naps or rest periods are recommended.

After returning to home DO-NOT:

- 1) DO NOT Drive until you speak to your doctor on your first follow up office visit (2 to 3 weeks).
- 2) DO NOT Lift heavy objects (over 5 lbs.) for 4 weeks.
- 3) DO NOT sit for longer than One hour at a time without stretching your legs. Long car, bus, train, or plane trips are not advisable at this time.
- 4) DO NOT sit and soak in a bathtub until ALL wounds are healed.

When to call your Surgeon / Doctor's office:

- 1) Appearance of redness, drainage of more than a tablespoon, any foul smelling discharge or unrelieved pain over your incisions.
- 2) Fever or chills

Follow up Visit: Please call for your follow up appointment the following day after you are discharged. Your first post-op appointment will be with your surgeon. You may be referred to an amputation clinic for further follow up appointments and pre-prosthetic care and training.

If you have any questions, or if any problems arise, please phone your doctor immediately. For Non-emergency questions or concerns, feel free to contact Powell Orthotics and Prosthetics Monday to Fridays, during 8 am to 4:30 PM at:

804-649-9043