



## ARM OR LEG SURGERY

These instructions will help you take care of yourself at home.



### DIET

Start with clear liquids after you reach home. Wait about 45 minutes and if you do not feel sick, try bland foods first and then progress to your usual diet.



### ACTIVITIES

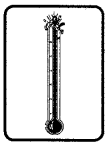
Elevate the arm or leg. Rest and protect the surgery area from injury.



### SPECIAL CARE NEEDED

Carefully watch the arm or leg you have had surgery on today. Call your doctor if it becomes **COLD, BLUE, NUMB, SWOLLEN** or if you can not move it.

Keep your dressing on until \_\_\_\_\_.



### INFECTION

Watch for any sign of infection after surgery: **fever, chills, increased pain, redness, swelling, or foul smelling discharge from your wound.** Call your doctor at the first sign of any infection.



### WHEN TO CALL YOUR DOCTOR

Call 434-924-0000 and ask for "Resident on call" for Dr. \_\_\_\_\_ if:

- No urine output eight (8) hours after surgery
- No bowel movement in three (3) days
- There are signs of infection as above
- Vomiting lasting more than four (4) hours
- Large amount of bleeding or swelling

**Call 911 if you have chest pain or shortness of breath**