



MIDJERSEY
ORTHOPAEDICS
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Post-op Instructions

Below you will find instructions on how to care for your wound and bandage.

Your bandage, along with any brace, boot or post-op shoe, should remain dry and covered during bathing. It should also remain on during sleeping.

Two days following your surgery you may remove the original outer bandage. Please do not remove the white strips that are directly covering your incision and adhered to your skin. Replace the bandage with a smaller, less bulky one (ie. gauze roll or Band-Aid). Please re-apply your brace, shoe, or boot after bandage change. You can continue to change the bandage as often as needed.

If you are not comfortable changing your own bandage, you may leave the original bandage in place until your first post-op visit.