



Hardware Removal Post-op Instructions:

1. If your child is having hardware removed from their arm or leg, the same protocols typically apply. See below...
2. The hardware is taken out of the same surgery incision site as was used to put it in. Sometimes we will revise the scar when we remove hardware to make the incision heal well.
3. Keep the dressing clean and dry for 2-3 days. Remove dressing by day 3 following surgery; the surgical area may be washed with soap and water, blot dry. Wound can be left open to air at this time.
4. Showering is acceptable day 3 after surgery. No soaking the wound for 2 weeks (NO swimming, bathing, hot tub use).
5. Typically, sutures are placed that are dissolvable, unless we specifically discussed using a non-dissolvable suture to help with wound healing. Regardless of which stitches were placed, steri-strips are applied over the incision. Leave those in place for approximately 10 days.
 - a. If the steri-strips haven't come off by 2 weeks following surgery, please remove them.
 - b. If the stitches are dissolvable, you will see a CLEAR suture sticking out each end of the incision. At 2 weeks, lift up the clear stitch with tweezers (or your fingers), and cut the stitch at its base. The stitches under the skin will go away on their own.
 - i. If a stitch works its way to the surface, instead of dissolving, please try to remove it (tweezers, small scissors). Try doing this after a bath or shower, which can help the stitch loosen. Warm compresses can also help, especially if the area around the stitch is red or irritable.
6. Your child may take a shower on day 2 following surgery, unless we tell you otherwise. Please do NOT soak the wound in a bath/pool/hot tub for 2 weeks, until the wound looks well healed.
7. Your child should avoid heavy lifting, running, jumping, collision sports, climbing, high impact activities for approximately 4 weeks following hardware removal. This is especially important if a plate and screws were removed, as the holes in the bone need to fill in!!
 - a. If your child has a fall or other injury shortly after the hardware is taken out, this could result in another fracture/break, which could require subsequent treatment with a cast or surgery. Please BE CAREFUL!!
8. Usually we don't see patients after hardware is removed, as the recovery is often straightforward. If your child isn't getting back to normal activities within approximately 4 weeks of surgery, please call us so we can schedule a visit!
9. RICE therapy is always advocated:
 - a. Rest
 - b. Ice – every 20 min or so
 - c. Compression – to decrease swelling.
 - d. Elevate – if possible, above or to the level of your heart
10. Pain control:
 - a. Ibuprofen is recommended to be taken every 6 hours, and Tylenol every 4 hours, unless there is a specific reason not to take these medications. Narcotics, including oxycodone, are only taken *if needed*. Please schedule the Ibuprofen and Tylenol for the first few days following surgery, as this will lessen any narcotic medicine that is needed.
 - b. Most patients having hardware removed will not need pain medication following surgery, beyond non-narcotics such as Ibuprofen and Tylenol.