

**Dr. Thomas J. Goetz**  
590-1144 Burrard St.  
Vancouver, BC V6Z 2A5  
604-689-5101  
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**POST OPERATIVE PATIENT CARE**

Please see website for further details and instructions

**NAME:** \_\_\_\_\_

**OPERATION PERFORMED:** \_\_\_\_\_

\_\_\_ do **NOT** remove splint dressing

\_\_\_ **Remove** dressing after 72 hrs

*(Replace with clean dry dressing. OK to bathe wound after 72 hrs)*

- Keep extremity elevated above heart level for 4 days
- Do not use sling after block has worn off.
- Rest extremity on pillows while sleeping
- Use ice in Ziploc bag directly on extremity surgery site over dressing as tolerated during 1<sup>st</sup> 3-4 days *(Elevation and icing are important for edema/swelling control and thus important for minimizing pain and stiffness)*

**\*\*\*Call office for any increase in pain, fever or other evidence of infection. If Dr. Goetz's office is closed, please page the orthopedic surgeon on call at SPH by calling the operator at 604 6822-344 or contact your family doctor or go to the Emergency Department at St. Paul's Hospital\*\*\***

**CHECK LIST:**

\_\_\_ Prescription: \_\_\_\_\_  
\_\_\_ Physiotherapy \_\_\_\_\_ Patient choice \_\_\_\_\_ other \_\_\_\_\_

Self Physio: as per sheet, as allowed by splint.

**FOLLOW UP:**

\_\_\_ Family Doctor 7-10 days \_\_\_\_\_ for sutures \_\_\_\_\_ wound check  
\_\_\_ Dr. Goetz Location:   X   OPD at St. Paul's Hospital on \_\_\_\_\_  
(3<sup>RD</sup> Floor Burrard Building, phone # 604-806-8486 Ext 3)  
\_\_\_ Call office for appointment @ 604-689-5101  
**\*\*\*If answering machine, leave message with name, contact phone #, date of Surgery and type of surgery\*\*\***

**PLEASE NOTE: ALL "FORMS" SHOULD BE DROPPED OFF AT THE OFFICE. ALLOW 3WKS FOR COMPLETION. YOU WILL BE CALLED WHEN FORM IS COMPLETED. PLEASE FILL IN ALL RELEVANT MATERIALS INCLUDING DATES OF CLINIC VISITS AND SURGERY**