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## **GENERAL POST OPERATIVE INSTRUCTIONS**

### **ACTIVITIES:**

1. Weight Bearing Instructions on Affected Extremity:  As tolerated  Non weight-bearing
2. Special Instructions: \_\_\_\_\_
3. Begin handout exercises:  Post op day 1  No exercises until follow up

### **WOUND CARE:**

1. Keep incisions clean and dry:  for the first 3 days after surgery  until your follow-up appointment
2. Dressings/Bandages: May change dressings  72 hours  Not until follow-up. (If bandages are changed before follow-up, cover all incisions with fresh dressings or band aids.)
3. If splint or cast is applied to your extremity, please keep dry and do not remove unless instructed by the physician.
4. May shower in:  72 hours  Not until follow-up
5. No tub baths, swimming pools, hot tubs, etc. for a minimum of 3 weeks following surgery.

### **MEDICATIONS:**

1. Resume all medications taken previously as ordered by your doctor.
2. A pain medication has been prescribed for you, but take only as often as necessary. (Avoid alcohol if you are taking pain medication.) If no pain medication has been prescribed, use extra-strength Tylenol or aspirin.

Medications (checked)

- Colace 100 mg, 1 tablet twice daily while taking narcotic pain medication
- Zofran (Odansetron), 1 tablet every 8 hours as needed for nausea
- Aspirin 325 mg, 1 tablet, once a day for 14 days then stop.
- Percocet(10/325), 1 to 2 tablets, every 4 to 6 hours for pain not to exceed 12 tabs/day
- \_\_\_\_\_
- \_\_\_\_\_

### **FOLLOW UP CARE:**

1. Within the first 7- 10 days after your surgery, call the office (610) 237-2771 to schedule your post operative appointment if you do not already have one scheduled.
2. Call your physician at (610) 237-2771 if:
  - Pain in your surgical site persists or worsens in the first few days after surgery.
  - Excessive redness or drainage (especially if yellow, green, or foul smelling) cloudy or bloody material presents itself around the incisions.
  - A temperature elevation greater than 101° with no apparent cause, pain, swelling, redness, numbness, weakness in your surgical limb or area.

In general, for 24 hours after your anesthesia it is normal to experience:

- Drowsiness • Muscle aches • Sore throat • Occasional dizziness or headaches

### **DO NOT:**

- Stay alone for 24-hours.
- Drink alcoholic beverages for 24 hours or while taking narcotic pain medication.

### **DO:**

- Eat light foods and drink fluids as tolerated.