



## **General Post-Op instructions**

**MEDICATIONS:** You will be given three prescription medications. One is a Narcotic to reduce pain, one is to control inflammation, and the last is an anti-nausea medication. The pain medication is a codeine derivative and should be taken only if necessary. The anti-inflammatory medication should be taken for all five days unless you experience side effects such as stomach pains or heartburn.

**NERVE BLOCK + PAIN MEDICINE:** If you received a nerve block from your anesthesiologist, prepare in advance for the nerve block to wear off. Nerve blocks generally last 12-18 hours after first administered. During this time period please take your pain medicine on a regular schedule as directed by your doctor until the nerve block loses its effect. In most cases it is recommended that you take your pain medicine on a regular schedule for the first 36 - 48 hours.

**DRESSING:** You may remove your dressing after 48 hours. There should be Steri-Strips (small rectangle pieces of bandage/tape) over your incisions. Please leave them on until your post op visit. Do not apply anything to incision. During your 7-14 day post-op visit, any sutures will be removed and new steri-strips will be placed over the incisions. Allow these new steri-strips to peel off over time. However, if you are placed in a splint after surgery, **DO NOT REMOVE.** This will stay on until you are seen at your post-op visit. Keep splint dry.

**SHOWERING:** You may shower after 48 hours, running water over the incisions are fine. However, do **NOT** immerse/submerge (no pools, tubs, lakes, rivers, oceans, etc...) until cleared by your doctor to avoid risk of infection.

**ICE MACHINE (if applicable):** Continue cold therapy cuff at all times for the first 24 hours after surgery. Refill with cold water every hour while awake. Icing is very important to decrease swelling/pain and to improve mobility. After 24 hours, continue to use the cuff 3-4 times a day, 15-20 minutes each time, to keep swelling to a minimum. **It is very important that you keep a layer (towel, sheet, etc...) in between the ice and your skin. DO NOT apply ice directly to skin.**

**WEIGHT BEARING:** There are instructions in your packet that detail your weight bearing/crutches/sling restrictions. If you are unsure of these restrictions, please call your physician to get the exact information.

**ACTIVITIES:** Rest and elevate your leg or shoulder for the first 24 hours. Do **NOT** place a pillow under your knee. Elevate your leg with a pillow under your calf and ankle. Keep arm in sling as directed by your doctor.

\*\*\* If you experience severe pain that is not relieved by the pain medication, please let us know. If you experience a temperature over 101.5° F, redness or swelling in your thigh or calf, please contact our office immediately at 303-789-3000 or if after-hours please contact the hospital or present to the nearest Emergency Room for evaluation \*\*\*

Signature: \_\_\_\_\_

Date: \_\_\_\_\_