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Syracuse Orthopedic Specialists, PC

## Post-op Instructions: General Ortho Surgery

**What was found:** \_\_\_\_\_

**What was done:** \_\_\_\_\_

### **Diet:**

- Begin with liquids and light foods; progress to regular diet as tolerated.

### **Activity:**

- Rest with extremity elevated above heart level as much as possible for next 48-72 hours.
- You may weight bear as tolerated with crutches.
- Use partial weight-bearing with \_\_\_\_% of your weight with crutches.
- Do not bear weight on your leg until follow-up.

### **Wound care:**

- Do not change dressing until seen in office – keep incision and dressings clean and dry.
- Do not remove cast / splint. Keep clean and dry.
- May remove dressing in 2 days and leave incision open to air if no further drainage.
- Change dressing in 2 days and replace with clean bandage for 7 days.
- Keep dressings and incisions dry for 2 days (cover with plastic if you shower).
- May shower with incisions exposed in 48 hours after dressing is removed.
- No soaking / submerging wounds in bathtub or pool until follow-up.
- If changing your dressing, please wash your hands before and after.
- Do not remove any steri-strips (small white paper tapes) if any are present. They will fall off on their own.

### **Icing:**

- Apply ice packs to the area at least 3-4 times per day for 20 minutes each time until swelling is resolved. (If you have received a cryotherapy (cooling) device, use this instead of ice packs. Do not exceed more than 30 straight minutes of use at a time, and remove for 20-30 minutes between uses.)

### **Medication:**

- Pain medication: You have been prescribed a narcotic. Take as directed if needed for pain. Do not exceed recommended dose.
- The day after surgery begin taking one 325mg coated aspirin (e.g. Ecotrin or Bufferin) daily for 4 weeks to prevent blood clots. (Do not take if allergic to anti-inflammatory medicine or if you have stomach ulcers).
- Antibiotic: You have been prescribed Keflex or Clindamycin. Take as directed until finished.
- It may be helpful to take an over-the-counter anti-inflammatory such as ibuprofen for pain control if you do not have any problems with these medicines (such as stomach ulcers, kidney problems, or allergy to aspirin).
- Do not take any anti-inflammatories (e.g. Advil, ibuprofen, Aleve) until specifically approved by your doctor.
- Do not take both aspirin and anti-inflammatory medications at the same time.

**Physical therapy:**

- Please see separate physical therapy prescription. Call and make appointment with therapist to start therapy in approximately 5-7 days. Bring prescription to first appointment.

**Follow-up appointment:**

- Call for appointment with Dr. Battaglia. You should be seen in approximately 10-14 days.

**Additional instructions:**

- Call your doctor if wound appears red or develops drainage, if extremity is cold to touch with discoloration, numbness, tingling or excessive swelling, any excessive bleeding, fever above 101°, persistent nausea, vomiting or dizziness.
- If you received general anesthesia or intravenous sedation, you should not drive a motor vehicle, operate hazardous equipment, make any major decisions, or drink alcoholic beverages for 24 hours.
- Do not drive or operate heavy machinery or drink alcoholic beverages while taking pain medication.
- Refills on pain medication will only be provided during normal office hours Monday through Friday. No refills will be given or called in after hours or on weekends.**
- For any non-emergent problems or questions during normal hours, or during the night / on weekends, you may call Dr. Battaglia's office and speak to the nurse / doctor on call. In case of true emergency, call 911 for transport to your local emergency room.

**Special instructions:** \_\_\_\_\_

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