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## General Post-op Instructions

- 1. Pain control:** you will receive pain medication following your surgery. You should take this medication around the clock as prescribed for the first 2-3 days. If you had a “block” for your surgery, be sure to start your pain medication before the “block” wears off. If any type of repair or reconstruction was performed, avoid NSAID type medications (example: Advil, Ibuprofen, Aleve, Naproxen, etc). Please call the office for refills during business hours as refills will not be provided after hours or on the weekends.
- 2. DVT Prophylaxis:** For the first 2 weeks after surgery, Aspirin (325 mg) should be taken daily and compression stockings (provided the day of surgery) should be worn at all times.
- 3. Ice:** Ice therapy is a safe and effective method of reducing pain and swelling. Use the ice as much as tolerable for the first 10-14 days and then 20-30 minutes 2-3 times per day.
- 4. Brace / Crutches:** Follow the procedure specific guidelines provided.
- 5. Sling:** Follow the procedure specific guidelines provided.
- 6. Fever:** Low-grade fevers (less than 101.5 degrees) are common during the first week after surgery. Please call the office for fevers greater than 101.5 degrees during the first week after surgery or any fevers greater than 100.0 degrees after the first week.
- 7. Bathing:** It is ok to shower immediately after surgery as long as you are able to protect the dressings from getting wet with a bag and tape. Unless instructed otherwise, remove the dressings on the third day after surgery (leaving the small white adhesive bandages in place). Once the dressings are removed, it is ok to shower but gently pat the incision dry when done. Please do not get into a bath tub, pool, hot tub, or submerge the incision in any type of water until 4 weeks after surgery. Recover the incision with a clean dressing or bandaid.
- 8. Wound Care:** Please avoid placing any creams or lotions onto the incision until 4 weeks after surgery. Place a band-aid or sun block (SPF 50 or greater) over the incision when out in the sun to prevent darkening of the scar.
- 9. Driving:** We cannot clear you to drive. As long as you are wearing a brace or taking narcotic pain medications, you should not drive. By six weeks after surgery, most people have regained the strength necessary to drive, but if you have concerns, you should contact your local Department of Motor Vehicles to ensure that you are safe to drive.
- 10. Rehab:** Your postoperative rehab will be broken down into phases. These will be discussed in more detail in the procedure specific handouts.