

ACADEMY ORTHOPEDICS AMBULATORY SURGERY CENTER

Post-op Instructions for: _____

Post-op Appointment Scheduled for: CUMMING OFFICE
BUFORD OFFICE
DULUTH OFFICE

ANESTHESIOLOGIST'S INSTRUCTIONS:

- You may feel sleepy and somewhat sluggish for several hours. Be cautious when getting up and walking around as you may be unsteady on your feet.
- DO NOT DRIVE or operate machinery for 24hrs after surgery or while you continue to take pain medication.
- Do not stay by yourself the day of the surgery. If this is not possible, have someone check you frequently.
- Take deep breaths and cough 2 times every 30 minutes until bedtime.
- Do not drink alcoholic beverages for 24hrs after surgery and / or while taking pain medication.
- Do not make any important decisions or participate in activities that require judgment or quick reaction time for 24hrs.

DIET / FLUIDS:

- Start with a light diet, avoiding anything spicy or greasy. To avoid nausea, advance slowly.
- Nausea can be a side effect of the medicines you received during surgery. Take frequent sips of clear liquids. If unable to tolerate liquids, call your doctor.

YOUR DOCTOR HAS ORDERED: ambulate as tolerated on operative leg

CRUTCHES partial weight bear as instructed on operative leg

do not bear **any** weight on operative leg

SLING wear for comfort, ok to remove for sleeping or when no longer needed.

continue to use until physician states otherwise

IMMOBILIZER keep **on** at all times. Passive range of motion only as instructed.

OTHER INSTRUCTIONS: _____

Instructions given by: _____

Patient / Representative Signature:

PATIENT I.D.

SURGEON'S INSTRUCTIONS:

- Keep dressing / operative area clean and dry.
- Remove the dressing(s) in ____ hours. If you have small tape strips, do not remove them. Apply a clean dressing or band aid over the incisions. Don't use any type of ointment on incisions such as Neosporin.
- Do not remove your operative dressing / cast.
- May bathe / shower but must keep operative site dry with a plastic bag or cast cover.
- Elevate the operative site to lessen swelling and pain.
- Ice packs can help lessen the swelling and pain. Apply ice to operative site as much as possible for the first 48hrs. (a small amount of swelling is normal).
- Wiggle toes and fingers of operative extremity frequently to increase circulation, if ordered by physician.
- CAST CARE: Most casts take 48hrs to dry completely. Avoid handling or putting pressures on the cast until after this period of time.
- Notify your doctor immediately for: **1)** bright red bleeding that doesn't stop with ice/elevation **2)** concerns with circulation such as swelling, coldness, numbness, bluish color or if toe/fingernails blanch white with pressure and don't turn pink after 2-4 seconds **3)** any signs of infection at incision site, such as foul odor or drainage **4)** fever above 101° **5)** inability to urinate 8-12 hrs after surgery **6) CALL 911** for difficulty breathing or chest pain

MEDICATIONS / PRESCRIPTIONS:

- PERCOCET LORTAB Take as directed for pain
- PHENERGAN Take as directed for nausea
- _____

- Resume your regular medications unless instructed otherwise.
- You may resume taking your anti-inflammatory medication tomorrow if you have it or take Ibuprofen (Advil) if needed to supplement pain medication. Remember most pain medications contain Tylenol so do not take over the counter Tylenol while taking pain medication unless you check with your doctor or pharmacist first.
- PHENERGAN may be used to enhance the effects of pain medications and aid in sleeping
- PAIN MEDICATION can sometimes be associated with minor side effects such as itching, constipation and nausea.

Itching – try Benadryl, take per package instructions

Constipation – drink plenty of liquids and try over the counter laxatives, taking per package instructions.

Nausea – do not take medication on an empty stomach.

Always eat something like toast or crackers before taking pain medication.

We appreciate the opportunity to provide your surgical care today. We will be calling you tomorrow to check on your progress. Should you have any questions/concerns before you 1st post-op appointment feel free to call the Surgery Center (770) 886-5038 between 9:00 & 5:00. For emergencies after hours you may reach your physician at:
Cumming 770-889-0891

