



The Centers

for Advanced Orthopaedics

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Extremity Surgery: Postoperative Instructions

Diet • Resume regular diet as tolerated

Medication • Take 1-2 tablets every 4-6 hours as needed for pain.

- Percocet Vicodin Norco Tylenol #3
- If you had a block, begin taking pain medicine even before you have sensation. Take medicine prior to onset of pain.
- You have been given a prescription for Phenergan. Fill this prescription **ONLY IF** you have severe nausea.
- Aspirin 325 mg: Take 1 tablet every 12 hours for 1 week.
- Other _____

Activity

- Minimize activity the day of surgery.
 - **DO NOT** use heat.
 - **DO NOT** use exercise equipment unless otherwise instructed.
 - Elevate the affected area on pillows above heart level for 48-72 hours.
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Weight Bearing

No restrictions 50% weight Toe touch No weight bearing

Crutches

- Use crutches as needed for the next 24-72 hours, and then discontinue.
 - Use crutches until seen in the office.
 - No crutches needed.
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Immobilization

Sling Splint Brace Cast Soft Dressing

Other _____

Showering

- You may shower 3 days after surgery unless told otherwise. Use a plastic bag or cast cover to protect the dressing/cast from getting wet. **DO NOT** immerse the dressing under water.

Dressing Care

- Keep the dressing dry.
- You can expect some light bloody wound seepage through the bandage. **DO NOT BE ALARMED**. This is normal.
- If the dressing does get soaked with wound seepage, remove the dressing and replace with dry gauze
- If the dressing does get soaked with wound seepage, place an additional bandage over the existing dressing, but do not remove the splint.

Dressing removal

- Remove all dressings 3 days after the surgery. **DO NOT** remove the sutures.
- DO NOT REMOVE** the dressings until your next office visit.

Findings: _____

Procedure: _____

Follow Up

- Your follow-up appointment is scheduled for _____.
- Notify our office at **301-475-5555** for:
 - **Any fever over 101.5 degrees**
 - **Excessive bloody seepage**
 - **Numbness in the limb after 24 hours**

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- Physical Therapy**
- You will be given a physical therapy prescription to begin in 1 to 2 days.
 - You will be given a physical therapy prescription when you are seen in the office for follow-up.
 - No formal physical therapy will be needed.
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