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EXTREMITY SURGERY DISCHARGE INSTRUCTIONS

Diet • Resume regular diet as tolerated.

Medication •

- Follow instructions in your pre op binder for multimodal pain control
- Oxycodone Tylenol #3 Norco
- Aspirin 81 mg: Take 1 tablet for 2 weeks.
- You have been given a prescription for Phenergan. Fill this prescription **ONLY IF** you have severe nausea.
 - If you had a block, begin taking pain medicine at the first sign of return of sensation. Take medicine prior to onset of pain.
 - * Restart your daily medication unless you are instructed to do otherwise

You will be given a prescription for pain medicine at your preoperative appointment. Take the medicine as needed according to the directions on the bottle. Possible side effects include nausea, dizziness, headache, vomiting, constipation, and urinary retention. If you experience these side effects, please call our office for assistance. Discontinue the medication if you develop a rash, shortness of breath, itching, or difficulty swallowing. If these symptoms become severe you should seek immediate medical attention.

Refills on pain medication are authorized during office hours only (8am-5pm; Mon-Fri). Medication will not be refilled on weekends.

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.

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 **949-491-9991** for:
 - **Any fever over 101.5 degrees**
 - **Excessive bloody seepage**
 - **Numbness in the limb after 24 hours**

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- | | | |
|-----------------|--------------------------|--|
| Physical | <input type="checkbox"/> | You will be given a physical therapy prescription to begin in 1 to 2 days. |
| Therapy | <input type="checkbox"/> | You will be given a physical therapy prescription when you are seen in the office for follow-up. |
| | <input type="checkbox"/> | No formal physical therapy will be needed. |
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I have seen and understand these instructions.

Discharge Nurse

Patient

Date
