

# Northeast Orthopaedics & Sports Medicine

Your first choice for exceptional  
orthopaedic care



Orthopaedic Surgery - Arthroscopic Surgery - Joint Replacement - Sports Medicine - Fracture Care

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## Post-Operative Instruction Checklist

Patient Name \_\_\_\_\_

Date of Surgery \_\_\_\_\_

**Please call 210-477-5151 to schedule a follow-up appointment**

### Dressing

Your dressing can be removed. Keep the steri strips [stickers] in place. Please keep your incision clean and dry.

### Bathing/showering

May let water run over incision, do NOT soak incision.

### Driving

Please do not drive until you are evaluated in the office after surgery. You are considered an impaired driver following surgery, and if you choose to drive, your insurance may not cover any accidents that may occur.

### Cold Therapy/Ice

Continuous icing will help to decrease swelling and provide pain relief. It is very important to always have protection between the ice pad and your skin. Never place the ice pack directly on your skin; this could lead to an injury to your skin. If the ice causes increased pain, skin rash or irritation, discontinue its use and call the office. Please also note that condensation from the ice bag may wet your splint. Use a towel between the ice and splint if this begins to happen.

### Sling

Keep sling in place at all times, except when ranging your fingers/hand/wrist and elbow. Do not move your shoulder. When arm is in the sling please keep hand AT or ABOVE the level of your heart.

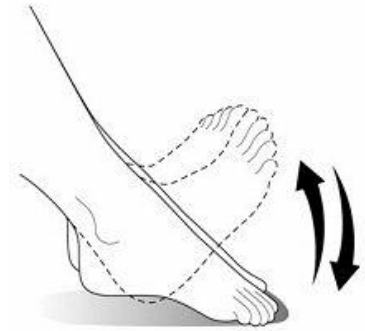


## Physical therapy

Following surgery you will be given instructions about physical therapy. Therapy will start within 6 weeks of surgery.

We ask during the first 2 week following surgery that you do the following exercises at home:

- **Deep breathe and cough** to help prevent a respiratory infection. Take 10 deep breaths every hour followed by a cough.
- **Finger/hand/wrist/elbow Motion:** Moving your fingers and hand and making / releasing a fist as much as possible reduces inflammation and swelling in your upper extremity. Move your wrist and elbow.
- **Ankle pumps** → → → → → →



## Post-operative Medication

1. **ENTERIC COATED ASPIRIN 325mg EVERY 12 HOURS FOR 2 WEEKS**
2. **NAPROSYN 250mg 1 TABLET EVERY 12 HOURS WITH FOOD**
3. **NORCO 10/325mg 1 – 2 TABLETS EVERY 4 – 6 HOURS AS NEEDED FOR PAIN**
4. **DOCUSATE SODIUM 1 TABLET ONCE A DAY FOR CONSTIPATION**

## Side effects of medication

### Pain Medication (Vicodin, Tylenol #3, etc.)

Take after food. Notify office if nausea, vomiting, headaches, rash occur. Other side effects include; drowsiness, dizziness and constipation. **Do not take TYLENOL** or other acetaminophen products while taking pain medication such as Vicodin or Tylenol #3, both of these medications contain acetaminophen.

### Signs and Symptoms of Complications

Although an infection is rare it can be very serious if it goes untreated. Please call our office if you experience increased pain not relieved with medication, high fever, chills, redness, swelling or drainage from incision.

For further questions, or if any problems develop, please call Dr. Lynch's MA, Melissa, at 210-477-5151