

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

*****NO HEAVY LIFTING ACTIVITIES WHILE RECOVERING FROM SURGERY*****

Dressing

Please keep your dressing (AND HAND) clean, dry, and intact for the first three days after surgery. After Day Three Post Op you may start to change the dressing at home. Please do NOT use an antibiotic cream/ointment.

*****MAKE SURE THAT THE DRESSING IS NOT TOO TIGHT*****

Bathing

Once you have reached Day Three Post Op you may remove the dressing to shower. Make sure to reapply a light dressing and change as needed.

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, stop icing and call the office. Please also note that condensation from the ice bag may wet your dressing. Use a towel between the ice and dressing if this begins to happen. **DO NOT GET YOUR DRESSING WET**

Sling and Elevation

Wear the sling until your arm WAKES UP; try not to use the sling after that. When wearing the sling make sure that your hand stays AT OR ABOVE the level of your heart. ELEVATE your arm to help reduce swelling and pain.

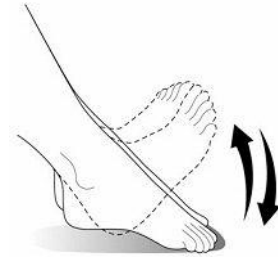


Physical therapy:

Following surgery you will be given instructions about physical therapy, occasionally therapy will start within the first few weeks after surgery. We ask during the first 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.
- **Ankle pumps** → → → →
- **Finger Motion:** Moving your fingers and making / releasing a fist as much as possible reduces inflammation and swelling in your upper extremity.



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

- **Anti-inflammatory** (Celebrex, Naprosyn, Ibuprofen, etc.)

You should take all medication with food to help prevent nausea. Please notify office if nausea, vomiting, rash, headaches, abdominal cramping, blood in your stool or other symptoms occur. Do not combine other anti-inflammatories or Aspirin products while taking your anti-inflammatory. Note that these medications are not prescribed for all fracture patients.

- **Pain Medication** (Norco, 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.