

## Post Op Instructions

### Incision Care:

- Remove large bandages 3 days after surgery. You may shower normally at this time.
  - Please do not scrub over your incision
    - Pat area gently and allow to air dry before re-covering
    - Your incision should remain dry to limit potential for infection
  - Change your bandage daily until your first post op appointment unless told otherwise.
- No soaking of the incisions until full healing, typically 6 weeks. This means no baths, jacuzzi, lakes, rivers, swimming pools, etc.
- If you have any redness or thick, green/yellow drainage from your incision please notify the office.
- Your sutures are dissolvable, please DO NOT try to cut them out or pick at them. If we need to, we will remove them in the office at your post op appointment.
- If you have a splint after surgery, it will stay in place until your two-week post op appointment.

### Pain Management

- Medicine
  - *Your physician has prescribed medications in an attempt to make you as comfortable as possible during the post op period. No medications can take away ALL the pain of surgery, but a combination regimen is effective in reducing pain and inflammation.*
  - Most people are given *Hydrocodone* and *Tylenol* for pain management after surgery.
    - **If you are allergic to or cannot take either of these medications, please notify us prior to your operation so that you may be sent home with a proper substitute**
  - If you need a refill of your pain medicine, send us a message through the patient portal. Please allow 24 hours for refills to be sent. Refills will NOT be sent over the weekend.
- Ice/elevation
  - Elevate the extremity throughout the day to help with swelling.
  - Ice for no more than 20 minutes multiple times per day around the incision site for effective swelling management.
  -
- Constipation
  - This is a well-known side effect of both the pain medicine and anesthesia
  - Try over the counter fiber supplements and laxatives first
  - Drink plenty of water regularly
  - If none of these works and you are having abdominal pain from constipation, please notify the office

### RED FLAGS

- Please message us through the portal or call our office if:
  - **You have a temperature greater than 101.5° F**
  - **You have uncontrolled nausea or vomiting**
  - **After 48 hours from surgery you are unable to move part of your extremity**
  - **Unusual shortness of breath or chest pain**