



## Post-op Cast: Non-weight-bearing (NWB) Instructions

Dr. Jess M. Downes, MD

1. Your post-operative appointment card is located on the front of the envelope.
2. You are to be NON weight-bearing following the surgery. Use crutches, a rolling knee walker, or wheelchair to ambulate.
3. Please keep all dressings clean and dry. Do not change the dressing. The dressing will be removed when you return to clinic for your visit.
4. DO NOT get the dressing wet. When showering/bathing, please cover your dressing with a trash bag and tape.
5. If the dressing is too tight, you may remove the ace wraps and rewrap. Please do not remove the white cotton underneath.
6. If the dressing becomes soiled, you may add an ace wrap.

### **PAIN CONTROL:**

1. Remember that it is normal to have pain and most pain does not represent damage or danger.
2. You have been given a prescription for pain medicine. It will read to take one pill every 4-6 hours. If your pain is not controlled, you may take two pills every 4-6 hours.
3. Take your prescribed pain medication with food. Many narcotics will cause some uneasiness of your stomach. This can usually be overcome by taking the medication with some yogurt or a light sandwich. Nausea while taking pain medication does not mean you are allergic to it.
4. Narcotics may also cause constipation. If you experience this take over the counter polyethylene glycol (Miralax) 17g dissolved in 4-8 oz liquid daily.

