



## Post-op Cam Boot: Non-weight-bearing Instructions

Dr. Jess M. Downes, M.D.

1. Your post-operative appointment card is located on the front of the envelope.
2. DO NOT get the dressing wet. When showering/bathing, cover your dressing with a plastic bag and tape.
3. If you feel the dressing is too tight, you may remove the ace wraps and rewrap. Please do not remove the white cotton underneath.
4. You are to be NON weight bearing with the CAM Walker boot following the surgery. You may take the boot off to shower and sleep.

### 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.

