



## Post-Operative Instructions

Dr. Bakker

### GENERAL:

- Elevate extremity to prevent swelling. For 2-3 days post-operatively elevate the extremity above the level of your heart to reduce swelling.
- Apply ice to the extremity 3-4 times a day (20 minutes on/20 minutes off) for 3-4 days or until the swelling subsides. If you are in a splint, apply ice on the top of the splint.
- If you are experiencing any of the following call our office or the doctor on call immediately.
  - Fever greater than 101 degrees Fahrenheit, chills
  - Excessive redness, swelling, or drainage from incisions
- Bruising and discoloration is common following surgery.

### MEDICATIONS:

- As a reminder, **please do not wait until you are almost out of medication to contact the clinic for a refill.** Additionally, narcotic prescriptions cannot be faxed or electronically sent to your pharmacy, these must be picked up from the clinic.
- You will be discharged with a prescription for pain medicine. Let us know in advance if you are running low. Refills are NOT handled on the weekend or after hours.
- You may use Tylenol instead of the pain medication for milder pain, or you can supplement the prescribed medication with ibuprofen 800 mg every 8 hours.
- Pain medication can cause constipation. You may use an over-the counter laxative or stool softener (Colace, Metamucil, etc...) as needed until your bowel function returns to normal.
- You may resume your preoperative medications.

### WOUND CARE:

- Keep your incision dry in the shower. You may bathe and keep your extremity out of water or shower and cover it with a towel and sealed plastic bag.
- **DO NOT** change your dressing. This will be done at the office or you will have specific orders on your discharge paperwork you receive after surgery. Keep your cast or dressing dry. If you need to shower protect it with a plastic bag. Place bag over cast and tape it

closed, cover the tape with a towel, and cover the first bag with a towel or another bag and tape this closed above the towel.

- Do not use any ointment or lotions on your incision.

## **FOLLOW UP APPOINTMENT:**

**Please make sure your post-op appointment is made according to your discharge orders from surgery. If you have any questions please call my office.**

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