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## **Post-Operative Instructions**

### **Diet and Medications**

Start drinking fluids and then eating gradually. Any regular medicines may also be resumed.

### **Pain Management**

If you received a local or regional anesthetic injection, you may experience little or no pain initially.

Depending on its type and the medication used, the block may last up to 24 hours.

One or more prescriptions for pain medication are provided at the facility before you leave.

They should be filled immediately for use if you experience post-operative pain.

Celebrex (Celcoxib), Daypro (Oxaprozin) and Relafen (Nabumetone) are anti-inflammatory drugs

(NSAIDs) prescribed for pain. These should be taken as needed and only after meals.

Vicodin-ES (Hydrocodone-APAP) is a narcotic to be taken as needed only for severe pain.

All medicines should be taken only as directed and discontinued if adverse side effects occur.

### **Operative Wound Management**

If you had arthroscopic surgery, you may remove the dressing after 2 days and resume showering.

After they get wet, dry off the wounds and keep them covered with Band-Aids.

If you had an open procedure, do not remove or change the dressing before your office visit.

Keep the bandage clean and dry. If it gets wet or becomes too tight, call the office.

Some degree of wound drainage, swelling and bruising are normal after surgery.

If you have excessive redness, wound drainage or persistent fever, call the office.

### **Activity, Positioning and Adjuncts**

During the first 2 days, apply an ice pack or 'cold therapy' device to the surgical site 4 times a day for 15 to 20 minutes each (except for hand or foot surgery).

Begin moving the involved arm or leg and return to normal activities as soon as comfort permits.

If you received a sling, you may remove it and move the arm unless Dr. Ziets instructs otherwise.

If you received a foam block (after hand surgery), use it to elevate the hand at all times.

Fully flex and extend the fingers frequently to help reduce swelling and pain.

If you received a cane, stop using it once comfort permits, and you may bear full weight on the leg.

If you received a walker or crutches, do not bear weight on the leg unless so instructed by Dr. Ziets.

### **Special Instructions**

Dr. Ziets will advise you if there are any additional or different things you should or should not do.

### **Post-Op Appointment**

This is scheduled within 10 days of the surgery. Call to confirm the correct date, time and location.

Bring any work-related forms for completion.

Physical or occupational therapy referrals are provided at this visit.