

Post-Operative Instructions: General Orthopedic Surgery

Bruce Le D.O., MS.
(559) 733-3346

DIET	<ol style="list-style-type: none"> 1. Begin with liquids and light foods (Jell-O, soup etc.) progress to a normal diet as tolerated. 2. Drink plenty of fluids and stay well hydrated. It is not uncommon to have some nausea after anesthesia. Start with simple foods such as crackers and broths 3. No alcoholic beverages for 24 hours or as long as you are taking prescription medications. <input type="checkbox"/> Special Diet: _____
ACTIVITY	<ol style="list-style-type: none"> 1. It is normal to feel dizzy and sleepy for several hours after your operation. Therefore, do not operate any equipment, or make any significant decisions until the next day. 2. Protect the operative extremity from inadvertent motion. Do not bear weight on the operative extremity. Use protective appliances as directed such as crutches or slings. 3. Ice the surgical site for 15 minutes every hour for swelling and comfort. Do not place the ice directly on the skin as they may cause ice burns. 4. Driving shortly after surgery is hazardous, particularly with restrictive dressing/bandage/splint or cast.
MEDICATIONS	<ol style="list-style-type: none"> 1. Take the pain medication as directed. You may also take ibuprofen (up to 2400mg a day), aspirin (325mg a day) or naproxen (up to 1000mg a day) as needed to supplement pain control and to help prevent blood clots in those prone to it. Take with food to avoid stomach irritation 2. Last Pain Medication Given at (Med) _____ (Time) _____
WOUND DRESSING CARE	<ol style="list-style-type: none"> 1. Do not get the dressing wet or dirty. You may wrap the extremity with a plastic bag or with press-n-seal (Glad product). Tape the ends to seal off the dressing. It is not uncommon to have some staining of the dressing with fluid or blood. You may reinforce the dressing but if the bleeding or staining is excessive, call the office. 2. For patients with splints or casts: if the padding accidentally gets wet, you need to dry as best as possible with a hair dryer and come to the office as soon as possible. For wrapped dressing, you may gently remove the wrap, dry the skin and reapply another dressing.
SPECIAL INSTRUCTIONS	<ol style="list-style-type: none"> 1. The surgery has been completed and your doctor will discuss the arthroscopic findings at the first post-operative visit. 2. Serious signs that require a call to the office include : <ul style="list-style-type: none"> ○ Fever over 101.5 not relieved with Acetaminophen or Ibuprofen ○ Severe pain not relieved with pain medications. ○ Severe nausea and vomiting. ○ Shortness of breath or chest pain. ○ Severe swelling of the knee or calf which causes shininess to skin. ○ Bright red swelling t the calf or the upper extremities. ○ Any other problems that you feel may be related to your surgery.
INSTRUCTIONS: OTHER	<p>Follow up appointment has already been made for 7-10 days after surgery. Check your paperwork or call the office for clarification. If you are unable to contact the office and you feel your condition is urgent, go to the emergency room. Call us anytime: Melinda, medical assistant, Robin, surgery scheduler, (559) 733-3346</p> <p><input type="checkbox"/> I acknowledge the patient/family has received, reviewed and understands the post-op instructions and a copy is in my representative's possession.</p> <p><input type="checkbox"/> I acknowledge that the patient's personal belongings have been returned.</p>
	<p>_____ Signature of Responsible Person</p> <p>_____ Signature Discharge Nurse</p>