

POST-OPERATIVE INSTRUCTIONS

PLEASE RETURN HOME AND REST.

ACTIVITY: After general anesthesia, I.V. sedation or certain nerve blocks, judgment and/or motor function may be impaired for up to twenty-four (24) hours and possibly longer.

DURING THIS PERIOD:

- DO NOT** drive a motor vehicle.
- DO NOT** operate complicated machinery.
- DO NOT** make important binding decisions.
- DO NOT** drink alcoholic beverages.

You will need to deep breathe and cough frequently for the first 24 hours after your procedure.
Move feet every hour to prevent thrombosis.

DISCOMFORT:

Your physician will advise you on what medications to take for discomfort. Do not take Tylenol (Acetaminophen) if prescribed Vicodin, Narco, Hydrocodone. Stool softeners may be use as necessary.

ICE and ELEVATION

Elevation and ice of the operative site for 72 hours will help relieve pain and swelling.

Elevate operative site above heart level.

Use ice 3-4 times a day at least 30 minutes after 72 hours for swelling and/or pain.

- Use Ice Machine for 3 days, then as needed.

AMBULATION:

Move slowly today. Sit and stand up slowly – if you become dizzy or nauseated you should not get up. **DO NOT** stand for prolonged periods today.

- Weight-bearing
- Use crutches with no weight bearing until instructed by your physician – usually 6 weeks.
- Wear leg brace at all times as instructed

SURGERY SITE:

Observe the operative area for signs of bleeding: **Saturated dressing with bright red bleeding.** If this occurs apply pressure to the area, elevate and ice, and call your physician.

Some drainage is normal and to be expected.

Observe the affected extremity for circulation impairment:

Change in color, Coldness, Numbness or tingling, Increased or different pain. If any of these signs are present, contact your physician.

Observe the operative areas for signs of infection: **Increased pain, Swelling, Redness, Foul odor, Temperature 101 or greater.** These signs and symptoms usually become apparent in 36 to 48 hours. If present call your physician.

Keep operative area clean and dry. Wash hand thoroughly prior to touching area or changing dressing if instructed to do.

NOURISHMENT:

We suggest you drink clear liquids (cola, 7-Up, Tea, apple juice) and if you have no nausea or vomiting progress to your regular diet as tolerated. We suggest not eating spicy or greasy foods.

CONTACT YOUR PHYSICIAN OFFICE: (817) 731-9400

1. Temperature greater than 101.0 twenty-four (24) hours after your procedure.
2. Uncontrolled nausea and vomiting.
3. If you have not passed urine within 8 hours of leaving the center.
4. If you have questions or problems regarding your condition.

PRESCRIPTIONS: Follow label directions

Called to pharmacy: _____

Rx given to patient

OTHER INSTRUCTIONS:

- Leave dressing on until follow up visit – **Do Not** get wet.
- Use Compression Stockings for 1 week or until walking.
- Follow Knee arthroscopy instruction sheet – copy given to patient.
- Follow Shoulder instruction sheet – copy given to patient
Exercises to be done: pendulums arm raises
 elbow extensions
- Crutch training instruction sheet given to patient
- Cold therapy instructions given

FOLLOW UP APPOINTMENT:

South Office - 6311 SOUTHWEST BLVD.

North Office - 4441 BRYANT IRVIN RD, NORTH

Weatherford Office

Other: _____

Date: _____ Day: _____

Time: _____

IF YOU FEEL YOU HAVE AN EMERGENCY GO TO YOUR NEAREST EMERGENCY ROOM or DIAL 911.

I have read and understand the following instructions and have been given an opportunity to ask questions. I hereby accept and can verbalize these instructions.

Patient or Guardian: _____

Witness: _____

Date: _____ Time: _____