



BRANDON
PLANT CITY
TAMPA
APOLLO BEACH

POST-OPERATIVE INSTRUCTIONS:

PROCEDURE: _____

- Pain Medication: You will be given a prescription for pain medication for after surgery. This should be filled and ready for use when you return home from surgery. You should not drive, operate heavy machinery or participate in activities that require concentration while taking narcotic pain medications such as Percocet, Oxycodone, Ultram, Norco, Vicodin or Tylenol with Codeine. You should take an over the counter stool softener while taking narcotic pain medications to prevent constipation.
- Activity: Weightbearing as tolerated with crutches
 Non-weightbearing with crutches
- Cold Therapy: Apply ice to surgical area in a waterproof bag for 30 minutes each hour you are awake. Always place a barrier between your skin and the ice such as a t-shirt.
- Dressing: DO NOT REMOVE. Keep clean and dry at all times.
 May remove 72 hours after surgery and begin dry sterile dressing changes. Do not begin showering or get incision wet until you have been evaluated at your post-operative appointment.
- DVT (blood clot) prevention:
 1. Perform range of motion exercises with ankle to exercise calf muscles on uninjured leg. Do ten reps every hour minimum while awake. Perform on surgical leg as well unless immobilized in a cast or brace.
 2. When upright, place surgical foot on ground and apply body weight for balance. Do not have leg suspended in air when walking with crutches, if using crutches.
 3. Beginning the day of surgery, take one regular (325mg) aspirin daily for 30 days unless not allowed for other medical reasons. **Clear this with your family doctor before starting the aspirin.**
 4. You should not do any flying for two weeks following surgery
- Post-Operative Appointment: Please make a post-operative appointment to see your surgeon 10-14 days following surgery.
- Prescription Refill Protocol: You **MUST** give your physician **48 hours** notice for any medication refill. Many medications require a written prescription and cannot be called into a pharmacy. Prescriptions **will not** be filled over the weekend.
- When to call your surgeon:
 - Complications after surgery are fortunately very rare. Call the office if you have any of the following symptoms:
 - Persistent fever >101, chills
 - Increasing pain at the surgical site
 - Increased swelling/pain in the calf .
 - New onset numbness or tingling
 - Hives or new rashes
 - Shortness of breath or chest pain
 - Persistent nausea/vomiting
 - Drainage from your incision lasting >5 days