



Patient Name:

Dr. Jeffrey Watson Postoperative Instructions

Thank you for choosing Orthopaedic Medical Group for your recent surgery. Please follow the protocol listed below to ensure a successful recovery:

Next Appointment:

Wound Care:

- ☐ Remove dressings in 3 days. You may shower normally at that time. Do not apply lotions/creams.
- ☐ Total Joint Replacements: Remove outer dressings in 24 hours, do not remove clear tape
- ☐ Do not remove dressing. It will be removed in office at your next visit.

Pain Control Protocol:

- ☐ Medications will be electronically sent to your pharmacy on file. Narcotic medications should only be used for severe pain. We recommend alternating over-the-counter Ibuprofen 600mg and Tylenol 1,000mg when pain is not severe as long as you are medically able to take these medications
- ☐ Medications were provided in office. Please begin the protocol previously outlined

**** Pain medications alone may not relieve your pain. We also recommend using ice and elevating 4x daily****

Postoperative Brace/Splinting:

- ☐ N/A
- ☐ Keep brace/splint on at all times the same way that it was applied after surgery
- ☐ Brace may be removed on day 3 to begin passive range of motion exercises as tolerated

Weightbearing Status:

Upper Extremity:

- ☐ NO active lifting/pushing/pulling with affected arm. You must stay in brace/splint at all times
- ☐ NO active lifting/pushing/pulling with affected arm. You may come out of brace on day 3 to perform passive range of motion exercises

Lower Extremity:

- ☐ NO weightbearing on the affected leg
- ☐ Begin weightbearing as tolerated with use of crutches/walker if needed

Physical Therapy and Home Exercises:

- ☐ Have a plan to begin physical therapy by week #2
- ☐ Begin attached exercises and perform 2-3x daily
- ☐ No physical therapy or home exercises are indicated at this time

DVT (Blood Clot) Prevention:

- ☐ Begin use of over-the-counter Aspirin 81mg twice daily or continue previous blood thinner

**For Postoperative Questions Call
813-684-2663**