

POSTOPERATIVE INSTRUCTIONS PROCEDURE: _____



Dr. Bryan Butler
813-684-2663



PATIENT NAME: _____ **NEXT APPOINTMENT:** _____

PAIN EXPECTATIONS & MANAGEMENT

During the first few weeks of recovery, it is normal to experience moderate-severe pain that will not be fully relieved by pain medication alone. Swelling, diffuse bruising, and discomfort should be expected. Please call our office at least 24 hours in advance if you require a refill on pain medication. Prescriptions will not be filled over the weekend.

Medication Prescribed On The Day of Surgery:

- Percocet 5-325mg (Oxycodone + Tylenol)

Additional Over-The-Counter (OTC) Medications You May Require:

- OTC Stool Softeners may be taken with pain medications to reduce side-effects like constipation.
- OTC anti-inflammatories such as Ibuprofen or Motrin can be taken to assist with pain.

****Please consult your primary care physician to make sure these medications are safe to take.****

- ! Narcotic pain medications are **NOT** mandatory and should only be taken for moderate-severe pain. For best pain relief results: (1) Take pain medications and OTC medications if able (2) Ice 4-5x daily (Ice machines available for purchase) (3) Perform home exercises.



WOUND CARE

- 48 hours after surgery, change the outer dressing
- Will have nylon sutures out of the skin.
- DO NOT get the incision wet. May clean around the area with soap and water. Keep dry while showering.
- After cleaning the area, re-cover with bandaids.
- DO NOT clean the incision with Alcohol/Peroxide
- DO NOT apply lotions/creams to the incision.
- DO NOT submerge the area under water.

WHEN TO CALL YOUR SURGEON

Please call our office first if you are experiencing any of the following:

- Persistent fever > 102, chills
- Drainage from your incision lasting > 5 days, hives or new rashes, OR increasing pain at surgical site
- Increased swelling/pain in the calf
- New onset of numbness or tingling
- Shortness of breath or chest pain

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ACTIVITY & HYGIENE

Activity:

- Do not lift, push, pull, or put weight on your operated extremity.
 - [] Wear your sling at all times for 4–6 weeks, except when showering, doing home exercises, or during physical therapy (begins 2 weeks after surgery).
 - [] Wear your sling as needed for comfort. May remove to start exercises.
 - [] Will be placed into a splint. Keep the splint on until your follow up appointment.

Hygiene:

- You may use your hand to comb your hair, shave, or wash your face as tolerated.
- You may clean around the incision.

Dressing Tips:

- Put your surgical arm through your shirt sleeve first. You may use that arm to button your shirt/fasten pants.
- DO NOT use your surgical arm to tuck in your shirt.