

ORTHOPAEDIC SURGERY POST-OPERATIVE INSTRUCTIONS

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Office Contact Number: 203-758-1272

Instructions

- ✓ Elevate your operative extremity for the next 48 to 72 hours
 - ✓ Weight-bearing restrictions:
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Dressing

- ✓ Keep your dressing or splint clean and dry. Cover for washing until it is removed in the office at your follow-up appointment.

Medications

- ✓ Please take the prescribed medication as directed. Do not drive while taking narcotic pain medication. If no pain medication was prescribed or you wish to avoid taking prescription medication, you may use Tylenol or an NSAID (i.e. Motrin, Advil, Aleve). Follow the instructions for use on the bottle.

Follow-Up

- ✓ Please make an appointment to see me back in the office approximately 14 days from surgery. The sutures will be removed at that time.

Please call the office number above with any questions or concerns following surgery.

Additional instructions

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THANK YOU FOR YOUR COOPERATION IN THE POST-OP PERIOD!