



MIDJERSEY
ORTHOPAEDICS
LIVE LIFE BETTER.

Information After Surgery

DIET

You may resume your normal diet.

ACTIVITY LEVEL

1. You can gradually increase your activity level as tolerated.
2. The amount of pain which you are experiencing is the best guideline as to how active to be. If you are having increasing pain at the surgery site, then you probably need to be less active.
3. If you have any questions regarding your activity level, then please call our office at any time.

PAIN AND SWELLING

1. Some pain and swelling is expected after any surgical operation.
2. A prescription for narcotic pain medication will be given to you in your pre-operative booklet.
3. You may also use over-the-counter acetaminophen (Tylenol) to help relieve the pain. Try not to use over-the-counter antiinflammatories such as Ibuprofen, Advil, or Aleve, as they can increase the bleeding.
4. Unquestionably, the most important way to decrease pain and swelling after surgery is to keep the surgical site elevated above the level of your heart as much as possible during the first 24 to 48 hours.
 - a. **FOR SURGERY IN THE UPPER EXTREMITIES:** Walking around in a sling does not keep the upper extremity above the heart, so you may need to lie down and prop the extremity up on pillows.

PAIN AND SWELLING *(continued)*

- b. **FOR SURGERY IN THE LOWER EXTREMITIES:** Sitting in a chair with the leg on a leg rest or on a stool does not keep it above the heart, so you really should lie down and put the leg up on some pillows.
5. Try to move the fingers or toes of your operated limb as much as tolerable throughout the day. This will help prevent stiffness, and will decrease swelling.

WOUND CARE

1. Do not remove the dressing or splint before your first post-operative appointment unless your surgeon has told you otherwise.
2. Keep the dressing or splint dry until your appointment.

CALL YOUR DOCTOR IF YOU HAVE ANY OF THE FOLLOWING:

1. Temperature over 101.5°
2. Foul-smelling drainage
3. Chills
4. Pain not relieved by elevation and pain medication
5. Cold, discolored fingers or toes, or loss of normal feeling. Note that some discoloration occurs in the foot if you are non-weight bearing on that side.

POST-OPERATIVE APPOINTMENT

1. This appointment is usually made during the pre-operative visit. Normally, you should see your surgeon about one week after surgery, unless otherwise specified.
2. One of the physician assistants in our office usually calls the day after discharge from the hospital to check on you. A nurse from the Surgery Center or Hospital may also call. If you receive conflicting advice, please follow the instructions from the physician assistant in our office.