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Post-Operative Training Room Instructions

Exercises:

While in the training room, patients may work on their exercises and are encouraged to work on their exercises as instructed by Dr. McCulloch and/or Laura Fertak, PA-C. The exercises are a very important and necessary part of your recovery and return to full activities after surgery.

Dressing/Bandages:

Do NOT remove your dressing while in the training room. If it is time for a dressing change please do this at your house. This reduces the risk of wound complications. Do NOT remove the steri-strips (tapes across your incisions unless told to do so by Dr. McCulloch or staff. While in the training room keep your incision(s) covered unless you have been told by Dr. McCulloch or staff that you no longer need to keep it covered.

Your first dressing change will be 3 days after surgery. Remove the old dressing and place new gauze over your incision(s). You may use an ace wrap or tape to hold the dressing in place.

Keep your incision(s) dry until after the sutures removed.

Please refer to the post-operative instructions supplied in your folder that you were given at the time of surgery or call the office with any questions, 713.441.3667.