



**WESTERN
ORTHOPAEDICS**

Excellence in Motion

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James C. Holmes, M.D.
Orthopaedic Specialist
Sports Medicine
Disorders of the Knee

Timothy J. Birney, M.D.
Orthopaedic Specialist
Disorders of the Spine

Edward (Ted) H. Parks, M.D.
Orthopaedic Specialist
Sports Medicine
Joint Replacement/Reconstruction
Arthroscopy

Armodios M. Hatzidakis, M.D.
Orthopaedic Specialist
Shoulder and Elbow

Raj Bazaz, M.D.
Orthopaedic Specialist
Shoulder and Knee
Sports Medicine

Kevin K. Nagamani, M.D.
Orthopaedic Specialist
Foot and Ankle Surgery

Brian J. White, M.D.
Orthopaedic Specialist
in Disorders of the Hip

Steven M. Traina, M.D.
Orthopaedic Specialist
in Disorders of the Knee
Shoulder and Sports Medicine

Thomas G. Mordick, II, M.D.
Hand Surgery

Benjamin W. Sears, M.D.
Orthopaedic Specialist
Disorders of the Shoulder
and Elbow

Sean Baran, M.D.
Orthopaedic Specialist
Disorders of the Hip and Knee
Sports Medicine
Joint Replacement

E. Patrick Curry, M.D.
Orthopaedic Specialist
Disorders of the Spine

www.Western-Ortho.com

Pre-operative instructions

1. ACRYLIC NAILS may cause an increased risk of infection as they decrease the effectiveness of cleansing agents. We leave to your discretion whether you choose to leave artificial nails on or remove them.
2. Wear loose comfortable clothing that is easy to get over a bulky dressing.
3. Please make arrangements for someone to drive you home and stay with you for 24 hours. This is a requirement for any anesthetic other than local anesthesia only.
4. If you have a history of pain control issues please notify us now.
5. Please follow all of the additional instructions in the Western Orthopaedic pre-operative packet.

Post-operative instructions

1. Keep your operative hand elevated above your heart to control pain and swelling. This may be necessary for 7 to 10 days.
2. Call if you experience any excessive swelling, bleeding, pain or drainage. Also call for any loss of color or sensation in the surgical area.
3. Keep your dressing clean, dry and intact unless otherwise instructed. Do not change the dressing yourself unless instructed to do so.
 May Change Do not change
4. Plan to be quiet at home with your hand elevated for 24 hours after surgery.
5. Use your pain medication as prescribed. You may use over the counter Advil (ibuprofen) or Aleve (naproxyn) in addition to or in place of narcotic pain medication per the instructions on the bottle. Do not add Tylenol. Do not drink alcohol. Do NOT exceed the prescribed dose.
6. Please call with any questions or concerns 303-321-1333.

Post-operative Therapy

If your hand injury is through WORKMAN'S COMPENSATION, please call your primary workman's compensation physician's office to schedule a therapy appointment with their hand therapist for 2 to 5 days after your surgery.

If your surgery is not work related, you need to schedule a hand therapy appointment for 2 to 5 days after surgery unless otherwise instructed. If you wish assistance in selecting a hand therapy location near your home we will be happy to help you. Therapy: Yes No

Your Post-operative appointment with Dr. Mordick Is: _____

If your post-operative appointment did not get scheduled please schedule with Dr. Mordick 10-14 days after your surgery date unless otherwise instructed.