

## First Post Op Visit Reminders

### **Bandages:**

After we cut your suture ends, we may recover them with new steri strips. After today's post op appointment, you will not need to recover the steri strips with an opsite anymore (unless told to do so). Let any shower water roll over the steri strips. Do not pick at the steri strips. If the steri strips do not come off on their own, you may peel them off gently and **remove them after 5 days from your post op visit**. Do not submerge your incision in water for 4 weeks post op in any tub or bath. You may begin putting "Mederma" lotion or vitamin E oil (found at the pharmacy) on your incision 2 weeks post op for scar minimization. You may discontinue using the compression socks after today's visit.

### **Range of Motion:**

Knee post ops: If you had any range of motion restrictions of 0-90 degrees, you may now progress to full range of motion as tolerated (usually at 14 days post op with the approval of PT or our team). Please use the assistance of your PT to help progress your range of motion. You should be working on range of motion and quad strengthening at least daily at home.

Hip post ops: follow PT protocol.

Shoulder post ops: most rotator cuff surgeries and labral repairs will not be allowed any active range of motion for 4-8 weeks. We do recommend continuing passive range of motion (if allowed per protocol) at PT and daily at home. Also try to come out of the sling 3-4x a day to work on elbow and wrist range of motion to help prevent stiffness. *Please use the assistance of your PT to help progress your range of motion.*

Elbow post ops: follow PT protocol.

### **Weight Bearing:**

Please assess your protocol and ask your physical therapist about your weight bearing restrictions. For most shoulder procedures, you should not be putting more than a cup of coffee worth of weight through the affected arm until cleared by our team or PT. *Please confirm with PT or our team before you begin any weight bearing.*

### **Driving:**

If you have recently had RIGHT knee or leg surgery, please do not drive until you are cleared by our team. *You should NOT be driving if you are still taking any narcotic medications*, no matter the surgical procedure.

### **Icing:**

If you continue to have swelling or pain, *you should continue icing* 5-6x a day if possible. Once you no longer have swelling, you do not need to ice or elevate your extremity anymore.

### **Pain Meds:**

Try to *wean off of all pain meds ASAP*. Use narcotics for moderate to severe pain, and Tylenol for mild to moderate pain. You do not need to take any pain meds if you do not have any pain. Avoid all ibuprofen based products (Advil, Aleve, Naproxen, Motrin, etc) for 6 weeks post op, as these tend to delay healing.

### **Blood Clot Prevention:**

You were likely given a medication for blood clot prevention, usually Aspirin, Eliquis, or Xarelto.

*Continue this medication as prescribed*, even if you feel better. These medications are usually necessary for at least 4-6 weeks post op.

### **Follow Up:**

*Make a follow up appointment for 6 weeks from day of surgery* or 4-5 weeks (1 month) from today. Call our scheduling team at **310-860-3042** if you have not yet made your 6 week post op appointment. It is expected to have a 2 week, 6 week, 3mo, and sometimes 6mo, 9mo post op appointment with our team.

### **Billing/Insurance/Medical Records:**

If you have any billing or insurance questions, please call the number located on the bill you were given. Or Medicus at 949-743-9595