

Dr. Regan's Recommendations For Discharge Home

1. Wear your brace only when out of bed ambulating. You should use your brace for at least 6 weeks.
2. Wear support hose on both legs for 3 weeks following surgery. Put them on in the morning and take them off at night. This will help prevent blood clots and swelling.
3. To help with pain control and inflammation, use the ice machine as frequently as you can. At a minimum, ice 30 minutes, 4 times a day.
4. The dressing on your wound will be changed in the hospital after your surgery and prior to your discharge home. (this dressing only needs to be changed every 3-4 days) . After 5 days, if the wound is dry you may remove the dressing and leave it open to air. You will be provided with an extra dressing when you leave the hospital.
5. You may shower with the dressing on your wound as it is waterproof. If the dressing remains intact and the wound is dry, it is not necessary to change it after showering. When you shower, DO NOT rub the wound/dressing, pat it dry. If your incision has steri-strips, they will fall off on their own in about a week.
6. You may go into a pool or Jacuzzi when your incision is completely healed-usually about 3 weeks following surgery. Avoid bending, twisting, or lifting for 6 weeks.
7. Take over the counter 325 mg ferrous sulfate (iron) once daily for 4weeks. Eat an iron rich diet.
8. Take milk of magnesia or a laxative of your choice if you experience constipation. (a common side effect of pain medications and a high iron intake). Drink 6-8 glasses of water daily, increase your fruit and vegetable intake,(apples, kiwis and berries are especially helpful), increase your fiber intake(eat oatmeal, brown rice, whole grain bread, prunes, fiber-con or Metamucil) and increase your activity to help avoid constipation.
9. If you develop a fever above 101 degrees, have night sweats, shakes or chills, or the wound develops spreading redness or begins to have drainage, call the office immediately.
10. You may resume walking for exercise as soon as you feel comfortable doing so.
11. You may resume driving when you feel safe doing so and you are no longer taking pain medications regularly-usually 2-3 weeks following your surgery.
12. You may resume golf and or tennis 6-12 weeks following surgery as your comfort allows. Ask the doctor for specifics and guidelines.
13. Avoid dental, urological, or gastrointestinal procedures for 3 months following surgery. When you do schedule these procedures, call the office for an antibiotic prescription.
14. VERY IMPORTANT: Please call the office once you are home to schedule a follow up appointment for 1 week after the date of surgery. Please feel free to call the office at any time with questions or concerns. (310) 881-3730

Signature: _____

Date: _____

WOUND CARE

Most wounds are closed with absorbable stitches which do not need to be removed. Multiple tiny strips of tape are placed along the wound edges to keep the edges closed during the rest of the wound healing. The strips should be allowed to fall off on their own. The wound may get wet during bathing and should be patted dry with a clean towel. If the wound is draining bloody or blood-tinged fluid, the dressing should be changed as frequently as it gets soiled. Any drainage for more than 1 or 2 days, or any signs of infection, should be discussed with your surgeon promptly
