



**Capitol Orthopaedics  
and Rehabilitation, LLC**

Neil J. Barkin, MD, FAAOS  
Stephen J. Rockower, MD, FAAOS  
Victor A. Wowk, MD, FAAOS  
Carter W. Mitchell, MD

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## Post-Operative Instructions

### Follow-up Appointments:

1. You should have an appointment with Dr. Mitchell 7-10 days after surgery for a post-op evaluation and removal of sutures. Please call 301-770-7900 to make this appointment if it was not made before surgery.

### Diet:

1. Begin with liquids and light foods such as Jell-O and soups
2. Advance as tolerated to your regular diet if not nauseated

### First 24 Hours:

1. Be in the care of a responsible adult
2. Do not drive or operate machinery
3. Do not make important personal or business decisions, or sign any legal documents
4. Do not drink any alcoholic beverages

### Activities:

### Wound Care:

1. Keep the dressing clean and dry. Use a plastic bag with rubber bands to cover the limb during showers. Do not immerse the limb

### Medications:

1. Strong oral **narcotic** pain medications have been prescribed for the first few days. Use only as directed. No pain medication is capable of taking away all of the pain. Taking your pills at regular intervals will give you the best chance of having less pain. Do not take alcohol with narcotic medication. Constipation can occur and should be treated with a high fiber diet or Colace which is an over the counter stool softener.
2. **Phenergan** is an anti-nausea medication that can settle your stomach. It can also make you sleepy so expect to limit your activity after taking the medication. Take as prescribed.

6000 Executive Boulevard, #510  
Rockville, MD 20852  
(301) 770-7900 -- (301) 770-7904 fax  
www.CORdocs.com



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3. You can supplement your pain medication with 200 or 400 mg of **ibuprofen** every 4-6 hours.
  4. You should resume your normal medications on the day of surgery
  5. You should take an **aspirin** tablet (325 mg) daily for 3 weeks after surgery. This may lower your risk of a blood clot developing after surgery.

### **When To Call Your Surgeon:**

1. Significant swelling or any new numbness in the limb that was operated on
2. Unrelenting pain
3. Fever (over 101.0) or chills
4. Redness around the incision
5. Continuous drainage from the incision (a small amount is to be expected)
6. Any other worrisome condition

### **When To Call 911:**

1. Chest pain
2. Shortness of breath
3. Any acute serious condition

### **Other Instructions:**

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