



# ORTHOSOUTH

excellence integrity compassion

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**Dr. Cincere Post- Operative Instructions General**

**1) REST, ICE AND ELEVATION**

Elevate the surgical extremity above the level of your heart. You should apply an ice pack to your surgical site for at least 15-20 minutes every 2 hours while awake for the first 3-4 days after surgery. This will help reduce pain and swelling. If you have a cast or splint, Do NOT get it wet and Do NOT remove. If you have a sling, remain in sling unless directed. Do not allow the extremity to dangle, keep elevated.

**2) CRUTCHES**

NO Weight bearing is allowed. Pain and swelling are your activity guides.

No sports, running, excessive stair climbing, squatting or jumping. If your job requires little physical activity you may return to work in 2-3 days. If your job requires considerable standing, lifting, walking or climbing, discuss your return to work date with your surgeon.

**3) MEDICATION**

- a. Take one enteric coated Aspirin 325 by mouth once a day starting the day of surgery
- b. Take the following prescribed medication as directed:

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To minimize stomach upset, take with food. An over the counter reflux medication, like Prilosec, may be taken with anti-inflammatories. Remember narcotics may cause constipation and a laxative may be needed also drink plenty of water.

**4) DRESSING/SHOWERING**

- a. Do NOT remove cast/splint unless directed by MD.
- b. Do NOT wet cast/splint, it will fall apart. Use bath tub, place in trash bag, and hang over edge

**5) QUESTIONS/CONCERNS call 423-624-6584**

- a. Fever greater than 101.5 degrees F
- b. Numbness, loss of color or coolness of skin on the leg
- c. Severe pain that is not relieved by narcotic medication
- d. Excessive bleeding or vomiting
- e. Difficulty breathing or shortness of breath, Call 911 or go to the emergency room

**6) Follow Up**

Your post-operative appointment is scheduled on: \_\_\_\_\_