

SHORT TERM SURGERY DISCHARGE INSTRUCTION SHEET

1. You will need a **responsible person** with you the first 24 hours after surgery.
2. **Today:** start with clear liquids (water, tea, apple juice, broth, Jell-O) and toast. If light food is easy to eat, advance to a regular diet. Avoid heavy sauces, spices, and acidity foods like tomato sauce.
Use Tums, Roloids, Zantac or Pepcid AC for gastric upset as needed. Have something to eat with the pain medications.
3. Resume your **own medications** as directed.
4. **Pain Medications** have already been sent to your pharmacy: Don't drive or operate mechanical equipment or make any important decisions when on pain medications:
[] **Hydrocodone, Tylenol #3 or Tramadol** has been ordered for pain relief, take them as directed. Do not drink alcohol while taking pain medication as this can upset your stomach. Space out your medications so if you have a reaction, we know which one to avoid in the future.
[] **Ketoralac** or other anti-inflammatory has been ordered to help alleviate pain and swelling. It can be taken up to 3 times a day for 5 days, only as needed for pain control. If stomach upset occurs, stop taking it and call your physician.
[] **Only If medically needed Cipro** or another antibiotic has been ordered to prevent infection. It is important to finish ALL this medication.
5. **Reduce YOUR Risks for blood clots-** if any one of these apply: over 40, high body weight, past history of clots, family history or clots, treated for cancer or on Birth control or hormones-unless allergic to aspirin- **you must** take one '**Low dose aspirin**' (81mg) per day for 6 weeks after surgery, do ankle pumps, elevate the limb when swelling occurs and use compressive stockings, if you wish to potentially reduce your risk of a leg blood clot and possible pulmonary embolism.
6. **Do not** drink alcohol, take sleeping pills or tranquilizers for 24 hours.
7. **Elevate the extremity** on 2 pillows or position it above the level of your heart to decrease swelling.
8. **ICE: *do not use it continuously***; remember to rest the skin, **too much cold causes frostbite!**
[] Ice pack intermittently for 48 hours. OR (*if you have an ice machine*):
[] Ice machine intermittently at 50-52 degrees for 48 hours. (Then either as needed)
9. **DRESSING:**
[] **Remove dressing** in 48 hours, replace with Band-Aids and you may shower in 48 hours, pat the surgical area dry. **OR:**
[] **Keep On and Dry** until the dressing is changed at you first therapy appointment.
10. **If an emergency arises** (like chest pain or shortness of breath or any other medical crisis) **Call 911** and if directed go to the emergency room for evaluation.
11. Call us if you have a lot of **nausea or vomiting**, fever above 101, cold sweats or chills.
12. Call us if you are **unable to urinate** or if you notice excessive swelling, bleeding, coldness, numbness, or change of color of fingers, toes, or skin.

Knee Patients: Use crutches and follow Full /partial /no weight bearing, or advance WB as tolerated

-ACL instructions -Partial Meniscectomy -Meniscus repair -Lateral Release

-Tibial Tubercle Transfer (Fulkerson Osteotomy) -OCD Microfracture -OCD Grafting

Shoulder Patients Follow: -General Shoulder Instructions. -Rotator Cuff Repair - Labral repair-Acromioplasty
/ Mumford -A/C Joint Reconstruction -Frozen Shoulder -Biceps Tenodesis

Other:

Signature of patient/guardian

Instructions given by Signature