

Floyd G. Shon, M.D.

ORTHOPAEDIC SURGERY

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POST-OPERATIVE PATIENT INSTRUCTIONS

- Your first post-operative appointment will be approximately 7-10 days following your surgery. Please call the office at **(949) 855-2772** between the hours of 9 AM-5 PM, Monday through Friday to schedule your post-op appointment. You are scheduled for _____ at our office.
- Immediately after surgery, as anesthesia wears off, patients may feel tired, slightly disoriented and nauseated, though the after-effects of anesthesia can vary greatly from patient to patient.
- Do not remove any sterile dressing. Keep the dressing clean and dry. There may be some light bleeding on the bandage after surgery, do not be alarmed, this is normal.
- You should rest by limiting your standing/walking the first 2 days.
- Keep the operated extremity elevated above the level of the heart to reduce swelling.
- After the first day try to limit use of narcotic pain medication. While taking pain medication make sure you are resting in a cool comfortable environment with the operated extremity elevated.
- Driving may begin once you are able to safely steer and shift. Do not drive if you are still requiring use of pain medication.
- If you have a cold therapy unit use it as much as possible. Have ice packs ready. Ice keeps swelling down. Ice the area for 20 minutes on, 20 minutes off every hour.

PRECAUTION: PLEASE CALL THE OFFICE IF:

- There is an increased redness/swelling at the incision site, or unexplained increasing incision pain not relieved by rest and elevation.
- You have fever greater than 101 with sweats or chills