

<p style="text-align: center;"><b>Postoperative Instructions for Outpatient Surgery</b></p>
---

1. **Explanation:** Orthopedic surgery is commonly done in an 'outpatient' setting allowing you to have surgery and return home both safely and comfortably the same day. On occasion, a patient will have nausea or pain severe enough to require overnight hospitalization.

2. **Pain Management:** A cold therapy cuff, pain medications, local injections, and in some cases, regional anesthesia injections are used to manage your post-operative pain. The decision to use each of these options is based on their risks and benefits.

**Cold Therapy:** You may have been sent home with a cold wrap. This wrap will help relieve pain and control swelling. Use the wrap throughout the day for the first two days and then as needed.

**Regional Anesthesia Injections:** You may have been given a regional nerve block either before or after surgery. This may make the affected area numb for 24-36 hours.

3. **Medications:** You were given one or more of the following medication prescriptions before leaving the hospital. Have the prescriptions filled at a pharmacy on your way home and follow the instructions on the bottles. If you need a refill on your medication, please call your pharmacy.

**Pain Medication (usually Norco or Percocet):** Begin taking the opioid medication before your hip begins to hurt. Some patients do not like to take any medication, but if you wait until your pain is severe before you take this medication, you will be very uncomfortable for several hours waiting it to work. Always take opioid medications with food.

**Zofran:** If you have nausea at home, use this medication as directed.

**Antibiotic (Keflex or Cleocin):** Depending on the procedure, you may have been sent home with a 1 or 2 day course of an antibiotic. Take as directed.

**Aspirin:** Depending on the procedure, you may be instructed to begin taking one of these medications for up to one month after surgery.

4. **Diet:** Eat a bland diet for the first day after surgery.

5. **Activity**: After you arrive at home, spend most of the first 24 hours resting in bed, on the couch, or in a reclining chair. After the first 24 hours, slowly increase your activity level based on your symptoms.
  
6. **Splint or Brace**: If a brace or splint is applied after surgery, keep this on at all times, unless otherwise instructed.
  
7. **Dressing Change**: Keep your post-operative dressings clean and dry. You will be instructed on how and when to change these dressings.
  
8. **Showering**: You may shower on the 2<sup>nd</sup> or 3<sup>rd</sup> day after your first dressing change, but do not let the area soak in water until sutures are removed. If a brace or splint is applied, wrap in a plastic bag to bathe.
  
9. **Temperature**: It is normal to have an elevated temperature during the first 2-3 days post-operatively. Please call our office if your temperature is above 101.5°F, if there is increased redness around the incision sites, or if there is increased drainage from the incision sites.
  
10. **Physical Therapy**: Physical therapy is an essential component to your recovery from surgery. You will typically begin sessions once your splint is off, or 1-2 days after your surgical procedure if you have a soft dressing.

A nurse or medical assistant will be checking up with you following your surgery. Your first post-operative visit will be 10-14 days after surgery and is normally scheduled prior to your surgery day. If you have any problems, please contact my team at the office at (314) 380-9510 or e-mail us at [teamnawas@orthomo.com](mailto:teamnawas@orthomo.com).