

Todd C. Battaglia, MD, MS
Syracuse Orthopedic Specialists, PC

Post-op Instructions: General Ortho Surgery

What was found: _____

What was done: _____

Diet:

- Begin with liquids and light foods; progress to regular diet as tolerated.

Activity:

- Rest with extremity elevated above heart level as much as possible for next 48-72 hours.
- You may weight bear as tolerated with crutches.
- Use partial weight-bearing with ____% of your weight with crutches.
- Do not bear weight on your leg until follow-up.

Wound care:

- Do not change dressing until seen in office – keep incision and dressings clean and dry.
- Do not remove cast / splint. Keep clean and dry.
- May remove dressing in 2 days and leave incision open to air if no further drainage.
- Change dressing in 2 days and replace with clean bandage for 7 days.
- Keep dressings and incisions dry for 2 days (cover with plastic if you shower).
- May shower with incisions exposed in 48 hours after dressing is removed.
- No soaking / submerging wounds in bathtub or pool until follow-up.
- If changing your dressing, please wash your hands before and after.
- Do not remove any steri-strips (small white paper tapes) if any are present. They will fall off on their own.

Icing:

- Apply ice packs to the area at least 3-4 times per day for 20 minutes each time until swelling is resolved. (If you have received a cryotherapy (cooling) device, use this instead of ice packs. Do not exceed more than 30 straight minutes of use at a time, and remove for 20-30 minutes between uses.)

Medication:

- Pain medication: You have been prescribed a narcotic. Take as directed if needed for pain. Do not exceed recommended dose.
- The day after surgery begin taking one 325mg coated aspirin (e.g. Ecotrin or Bufferin) daily for 4 weeks to prevent blood clots. (Do not take if allergic to anti-inflammatory medicine or if you have stomach ulcers).
- Antibiotic: You have been prescribed Keflex or Clindamycin. Take as directed until finished.
- It may be helpful to take an over-the-counter anti-inflammatory such as ibuprofen for pain control if you do not have any problems with these medicines (such as stomach ulcers, kidney problems, or allergy to aspirin).
- Do not take any anti-inflammatories (e.g. Advil, ibuprofen, Aleve) until specifically approved by your doctor.
- Do not take both aspirin and anti-inflammatory medications at the same time.

Physical therapy:

- Please see separate physical therapy prescription. Call and make appointment with therapist to start therapy in approximately 5-7 days. Bring prescription to first appointment.

Follow-up appointment:

- Call for appointment with Dr. Battaglia. You should be seen in approximately 10-14 days.

Additional instructions:

- Call your doctor if wound appears red or develops drainage, if extremity is cold to touch with discoloration, numbness, tingling or excessive swelling, any excessive bleeding, fever above 101°, persistent nausea, vomiting or dizziness.
- If you received general anesthesia or intravenous sedation, you should not drive a motor vehicle, operate hazardous equipment, make any major decisions, or drink alcoholic beverages for 24 hours.
- Do not drive or operate heavy machinery or drink alcoholic beverages while taking pain medication.
- Refills on pain medication will only be provided during normal office hours Monday through Friday. No refills will be given or called in after hours or on weekends.**
- For any problems or questions during normal weekday office hours, call your doctor's office directly. In case of emergency at night or on weekends, you may call the hospital and ask to page the covering physician on call.

Special instructions: _____

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