



Post-Op Instructions

Discharge Instructions

Comfort

- Discomfort increases 1-2 days after surgery due to the injected medication wearing off. This can be helped by oral pain medication. It is safe and normal.
- **Cold therapy** – This will greatly reduce pain and will help with swelling for the first three days.
 - You may use it 20 minutes on, 20 minutes off, as often as you wish.
 - Always keep a cloth barrier, such as a towel, between the cold and your skin.

Medication

- For **anticoagulation** – you **MUST** take one 81mg aspirin daily for two weeks first to help prevent blood clots. This is the only mandatory medication.
- For **nausea** – Zofran (ondansetron) as needed.
- For **constipation** – over the counter remedies such as Colace or Miralax as needed. Both the anesthesia and the pain medication can cause constipation.
- For **pain** - A narcotic pain medication will be prescribed for you if it is deemed safe with your history and allergies. **Use only if needed.** Try to manage your pain with ice and Tylenol and use the narcotic sparingly. Some patients find they do not need the narcotic at all. Common side effects such as constipation, nausea and cognitive impairment may occur. Tylenol can be used as a step-down medication and is recommended as soon as possible.

Activity

- You can use a sling for comfort but do not need to***

Wound Care

- If you are in a cast, you will remain in the cast for 4-6 weeks after surgery. Avoid getting the cast wet. If the cast feels too tight, call our office at 630-377-1188. If the cast starts to loosen, we may have to re-fit it at your first post-op.
- If you are in a splint with a bandage and ACE wrap, you can loosen the ACE wrap but do not remove the splint or white bandages underneath for at least 1 week. No showering until after you take off your dressing.
 - Once you take off the dressing, you can look at the wound. Make sure it is not red, draining, or painful. If you have any concerns, you can email a picture to info@genesisortho.com. Keep the wound clean, dry and covered. You can shower (i.e. let water run over it) but no scrubbing or soaking.
- If you have a soft dressing over the wound, keep it on for at least 1 week. No showering until after you take off your dressing.
 - Once you take off the dressing, you can look at the wound. Make sure it is not red, draining, or painful. If you have any concerns, you can email a picture to info@genesisortho.com. Keep the wound clean, dry and covered. You can shower (i.e. let water run over it) but no scrubbing or soaking.

Diet

- You may eat anything you like, but it's advisable to choose light, easily digestible foods and to drink plenty of water the day after surgery. Some people experience nausea as a temporary reaction to anesthesia.

Call your physician if:

- You develop a temperature over 100.3 degrees.
- You notice any drainage of the incisions 5 days or later after surgery.
- The arm becomes hot to the touch, red, intolerably painful, or swells suddenly. (Note some warmth, pain, and swelling are normal.)



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- You have persistent pain and / or swelling in your calf.
- You have any questions or concerns. We are happy to talk to you at any time! If it is after hours, our answering service will page the PA on call and he or she will get in touch with you.