
Discharge Instructions

General Orthopaedic Surgery

Activities

1. **Rest:** Resting is important for two reasons. First, rest is vital to protect the injured muscle, tendon, ligament or other tissue from further injury. Second, your body needs to rest so it has the energy it needs to heal itself most effectively.
2. **Ice:** Use ice bags or cold packs wrapped in a thin towel to provide cold to the injured area. Cold can provide short-term pain relief. It also limits swelling by reducing blood flow to the injured area. Keep in mind, though, that you should never leave ice on an injury for more than 15-20 minutes at a time. Longer exposure can damage your skin. The best rule is to apply cold compresses for 15 minutes and then leave them off for at least 20 minutes.
3. **Compression:** Swelling slows down healing. Compression limits swelling and some people notice pain relief from compression as well. An easy way to compress the area of the injury is to wrap an ACE bandage over it. If you feel throbbing, or if the wrap just feels too tight, remove the bandage and re-wrap the area so the bandage is a little looser.
4. **Elevation:** Elevating an injury reduces swelling. It's most effective when the injured area is raised above the level of the heart. For example, if you injure an ankle, try lying on your bed with your foot propped on one or two pillows.
5. **Automobiles:** Please limit the amount of time you spend in the automobile until your next doctor visit. You cannot drive until after your post op visit.
6. **Motion:** No sudden movements. NO lifting, pushing or pulling anything over 8 pounds or a gallon of milk.
7. **Sexual Activity:** No sexual activity for 3 weeks.
8. **Return to work issues:** Will be discussed at post op visit.

Wound Care

It is important to take good care of the incision site to prevent infection. Starting 48 hours after your surgery, change your dressing daily, re-applying sterile dressings to the incision site. Clean the site and surrounding area with soap and water. If your dressing is saturated, you may change it before 48 hours. Do not soak in a bath or a pool. After 4 days, you may shower, carefully drying the incision before re-applying another dressing. Call the office for any signs of infection including drainage from your incision site, a temperature of 101.5 for 12 hours, redness, swelling or pus at the suture line. If Steri strips (small pieces of medical tape) have been placed across the length of your incision to facilitate wound closure, please leave these in place. After 2 weeks, if they have not fallen off, you may gently peel them off. If Staples have been placed to facilitate wound closure, these will be removed in the office at your follow-up appointment.

Medications

Prescriptions for appropriate pain medications will be given upon discharge. Take it as directed. Do not take more than what was directed on the label. You should expect to have some discomfort that will not be relieved by the medication. If your pain is not tolerable with the medication dosage as directed, contact the doctor. Take your antibiotic as directed. Over the counter laxatives may be taken as needed. If you develop fever, you may take Tylenol according to package directions. Remember to call the office number to report temperature over 101.5 lasting more than 12 hours.

Diet

Eat a regular diet as tolerated. Drink plenty of fluids, at least 8 glasses daily. Take a multivitamin daily. Constipation is a common post op problem, especially when taking narcotic pain medications. You may use an over the counter stool softener and/or laxative daily. Drinking a sufficient amount of fluids will also help with constipation.

Follow-up

Call the office to make your post op appointment for 10-14 days after your surgery unless you were instructed to make your appointment sooner.

Metairie

3901 Houma Boulevard Plaza 1- Suite 113
Metairie, Louisiana 70006
Phone: 504-300-9019
Fax: 504-274-1331

Uptown

2801 Napoleon Avenue - 2nd Floor
New Orleans, Louisiana 70115
Phone: 504-300-9019
Fax: 504-274-1331

Westbank

1849 Barataria Boulevard - Suite C
Marrero, Louisiana 70072
Phone: 504-392-7123
Fax: 504-392-7823