

# Discharge Instructions- General

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## Medications:

- Take the pain medication Dr. Sabesan has prescribed for you. You should also start taking an anti-inflammatory like Aleve; 1-2 tablets every 12 hours or Ibuprofen, 600mg every 6 hours. This will help with your pain control, healing and inflammation.
- When taking a narcotic (Percocet, Norco, and Vicodin) we recommend you take a stool softener (Colace, Senokot) to help prevent constipation. This can be purchased over the counter. You should also drink at least 6-8 glasses of water and make sure your diet contains fruit, vegetables, and fiber.
- A prescription for Zofran 4mg should be requested if you are experiencing nausea and vomiting after surgery. Your pain medication can also make you nauseated so take it with food.
- Ice machines and bags of ice can be used to ice your surgical site as needed. This may be done 4-5 times a day for 20 minutes at a time.

## Wound Care:

- Keep incision clean and dry.
- You can remove your dressing in two (2) days. Remove the old bandage and you will see old blood and butterfly (steri-strips). Leave the strips in place initially and they should come off on their own over the next 2 weeks. You can remove the steri-strips after 2 weeks. You can place another gauze pad over incision after you shower if there is drainage or if you would like to keep it covered.
- You may shower after the staples are removed, but no tub baths or soaking (swimming, hot tubs). When showering let the water and soap run over your incision, do not scrub your incision directly.
- DO NOT PUT any alcohol, lotions, or any other medications on your sutures. Cover the area with a clean dressing (4X4) from the drug store if needed.

## Slings/Braces/Splints:

- Please wear your splint or brace at all times until your follow-up appointment with Dr. Sabesan.
- Do not get cast/splint wet.
- Do not put weight on your operative side before your follow-up appointment.
- You can put weight on your operative side as tolerated.

## Home Exercises 4-5 times a day:

- Please remove your dressing and start knee range of motion. You should also include leg lifts for quadriceps strengthening and foot pumps to prevent blood clots 4-5 times a day.
- Please continue PT exercises as instructed by therapist if you've seen one.
- You should try to get out of bed at least three times a day.

**Follow-up Appointment:** You will have a follow-up appointment approximately two weeks after your surgery. During this visit your sutures will be removed, and any questions you have regarding the actual surgery performed or your postoperative care will be answered.

**Driving:** Legally we cannot recommend that you drive while wearing a sling, brace or splint. It is considered driving while impaired, and can be a legal issue if you are involved in an accident since you do not have full function of your limb. You should also not drive while taking any narcotic medicine (Vicodin, Percocet, Norco, etc.).

## When to call the Doctor:

- If you have a fever above 101.5
- Excessive Bleeding (example: you have to change the dressing numerous times)
- Foul odor or drainage from your incision, excessive redness, excruciating pain.
- Excessive pain not relieved by medication or rest
- Call Dr. Sabesan's office at (954) 659-5938. Evenings, nights and weekends the answering service will contact the resident on call or if you are concerned you may also go to your local emergency room.