

**POST-OP INSTRUCTIONS FOR PATIENTS WHO HAVE HAD
ORTHOPAEDIC DAY SURGERY (PROCEDURES IN GENERAL)**

EMERGENCIES & PRESCRIPTIONS

- We provide our patients with 24-hour coverage for their orthopedic emergencies. There is always a physician on-call who can be reached through our office number at (805) 495-3687. When the office is closed, our answering service will take your name and number. The physician on-call will telephone you as soon as possible. This may not be your usual physician, so be prepared to answer some health history questions for the on-call physician if needed. It is important that you keep your line free so that the physician can reach you easily. If you have not been contacted in a reasonable amount of time, please feel free to call back.
- We encourage patients with questions regarding their medications or prescriptions to call during our regular office hours (Monday - Friday, 8:30 a.m. to 5:00 p.m. EST). If you are calling off-hours, please have the pharmacy telephone number ready for the physician.

REFILLS OF CONTROLLED SUBSTANCE MEDICATIONS

- Controlled substance medication such as narcotics and tranquilizers are very useful, but have a high potential for misuse. Prescribing and use of these medications must be done in a responsible manner. Refills of these medications will be made during regular office hours, during a scheduled office visit, or as determined by the ordering physician. Refills will not be approved at night, on weekends, or during holidays unless otherwise determined by the on-call physician. Please phone early in the day should you need a refill or a change in medication. Many of these medications cannot be called in and require a written prescription, so please plan accordingly.

Dressing:

- A dressing has been applied to your incision following surgery. This dressing should be left on as instructed by your physician. Although the dressing may become moist or bloodstained, this is not a cause for alarm. However, if the area in question is large or continues to bleed, you should call the office.
- If the hand or foot below the area which was operated on develops swelling, you may need to loosen the bandage. However, you should check with your physician first.

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Nutrition:

- Try to drink at least 64 ounces of fluids daily (eight 8-ounce glasses). Water, juice, milk, coffee, tea, and soda are all fine. You should not drink alcoholic beverages while on your pain medicine. Please take a multi-vitamin with iron and 500-1000mg of Vitamin C daily. Fiber rich foods can help minimize constipation (which is caused by narcotic medication and being sedentary).
- Start off with light meals and progress diet as tolerated. Carbohydrates will generally have a lower incidence of nausea and vomiting.

Sleep:

- It is important to try to maintain your normal routine. Try not to sleep too much during the day; get up at your normal time and go to bed according to your usual schedule. This will help you to quickly restore your normal sleep patterns. It will also help you maintain your normal energy level.

Wounds:

- Your wound should be kept clean and dry. Until your incision is dry, you should not allow your incisions to get wet in a shower or bath unless otherwise specified by your physician or physician assistant.

Activity:

- Specific recommendations concerning activity and rehabilitation will be given to you by your surgeon..

Pain:

- You have been given a prescription of for pain medication which you may take as directed. You should not drive or drink alcohol while taking pain medications. Follow the guidelines in the pain management protocol for using your medication or as directed by your physician. Please inform us if you have any allergies to medications. If a rash develops or nausea and vomiting occurs notify our office for an alternative medication.

Precautions:

- If you develop a fever (temperature greater than 101 degrees Fahrenheit or 38.3 Celsius) or chills, or any undue symptoms such as unexpected pain, redness, swelling in your legs, rash, blisters, numbness, tingling, itching, hives or shortness

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of breath, please contact our office. If you have a problem or question, do not hesitate to call the office. The answering service will handle your calls to the office after hours and on weekends and one of the physicians will be available.

Return Appointment:

- Usually a return appointment will be arranged for you prior to surgery, usually 7 to 10 days following the operating. If not, please call the office to arrange for a follow-up appointment.