



## Pre-Operative Instructions

You have been scheduled for surgery on \_\_\_\_\_. This procedure will be performed at \_\_\_\_\_. You will receive a call the day prior to your surgery to give you the scheduled surgery time and the time you will need to arrive. You must have someone with you to drive you home and to stay with you through the first night.

### GENERAL INFORMATION

**Food:** DO NOT eat or drink anything after midnight the night before your surgery. This includes water, coffee, mints, gum, etc. If you have medications, you cannot skip the morning of surgery, please let the hospital know when they call. You may be advised to take your medications with small sips of water.

**Icing:** You will need to use ice packs or a cooling device 5-6 times per day for the first 5-7 days after surgery to limit swelling and pain. Do not leave ice on longer than 40 minutes continuously. Always place a barrier (pillow case, ACE wrap, etc) between your skin and the cold pack to avoid frostbite. We recommend stocking up with additional ice prior to your surgery, as most home ice machines cannot keep up with the demand.

**Elevation:** Leg procedures (including knee and ankle) require several periods of rest throughout the day. Proper elevation involves lying flat with the extremity raised above the level of your heart. Upper extremity procedures (including shoulder, elbow, and wrist) will be more comfortable resting in a semi-reclined position ('lazy-boy' chair position). All procedures require you to get up and move about (with crutches if required) for short periods of time every 1-2 hours.

**Bathing:** It is important not to get your wounds wet for 6 weeks following surgery. Please cover your incisions with a waterproof bandage or wrap while showering. NEVER submerge your incisions in water the first 6 weeks after surgery.

Questions: Call (801) 295-7200

### MEDICATIONS

STOP taking ALL aspirin containing medication and anti-inflammatories 7 days prior to surgery. PRESCRIPTION REFILLS ARE NOT GIVEN AFTER OFFICE HOURS OR ON WEEKENDS.

### FOLLOW-UP APPOINTMENTS

Follow-up #1, suture removal (17-21 days post-op): \_\_\_\_\_.

Follow-up #2 (4-6 weeks after post-op): \_\_\_\_\_.





## Post-Operative Instructions

Please follow these instructions carefully and feel free to call the office if at any time you have questions. The office number is (801) 295-7200. Your first post-op appointment should be 17-21 days after surgery. If you do not have a post-op appointment scheduled, please call our office.

### CARING FOR YOUR INCISIONS

Post-operative incision care is a vital part of your surgical process. Follow these directions closely in your post-op period.

1. DO NOT REMOVE DRESSING UNTIL YOU HAVE BEEN SEEN IN CLINIC. Please call 568-3480 for excessive drainage, redness, or streaking, and increased pain.
2. Do not touch, remove or apply any ointments to wounds
3. You may clean the skin surrounding the wounds if needed, but DO NOT clean actual wound sites. 4. Re-apply ACE wrap if increased swelling occurs during your rehabilitation.

### BATHING

DO NOT allow wounds or wound dressings to get wet following your surgery until Dr. Hunter releases you to do so. You may shower or bath with a plastic bag over the surgical site. You may begin showering normally and allowing soap and water to run over wounds once sutures have been removed or wounds have closed. DO NOT do so until Dr. Hunter releases you to let water run over wounds. DO NOT aggressively clean or scrub wounds. DO NOT SIT IN A JACUZZI/HOT TUB/HOT BATH OR POOL UNTIL AFTER WOUNDS ARE CLOSED.

### CONTROLLING SWELLING, INFLAMMATION AND PAIN

1. Elevation: Raise the extremity that was operated on above the level of the heart several times per day (toes above the nose).
2. Icing: Surround the surgical area with ice packs for 20 minutes at a time 5-6 times per day. Use a pillowcase or other insulating material between your skin and ice pack.





3. Medications: Take medication as directed. If stomach discomfort develops, discontinue medication immediately.

DO NOT Mix any medications with alcohol.

DO NOT Drive or operate machinery while taking narcotic pain medication (Norco/Percocet/etc.).

DO NOT Take additional ibuprofen or acetaminophen containing products, other than that which is prescribed.

#### REHABILITATION/PHYSICAL THERAPY

You may be expected to attend physical therapy as directed during your post-operative period. This may range from one visit to several weeks of therapy. You will be given a specific therapeutic exercise program with different progressions to follow to maximize your recovery from surgery. Follow the instructions given to you carefully. Please give your printed physical therapy prescription to your therapist at your first appointment.