

Extremity Surgery Postoperative Instructions

1. Keep dressing dry.
2. **DO NOT** remove dressing until_____.
3. You may shower on _____.
DO NOT immerse wound under water.
4. Apply ice 2 days - **NO HEAT** - 3 times per day for 20 minutes.
 Apply ice even though bandages are thick and you may not feel the cold.
5. Elevate affected area on pillow above heart for 48 hours.
6. Weight bearing:
 - No restrictions 50% weight Toe touch No weight
7. Use for assistance:
 - Crutches Cane Walker
8. Immobilization:
 - Sling Splint Other _____
 - Brace Cast _____
9. Call the doctor for fever over 101.5 degrees or excessive bloody wound drainage.
10. **Medication:**
 - Tylenol #3: 1-2 tablets every 4-6 hours as needed
 - Percocet: 1-2 tablets every 4-6 hours as needed
 - Vicodin: 1-2 tablets every 4-6 hours as needed
 - Take one adult aspirin daily starting the day after surgery and continue for 3 weeks unless you have a medical reason not to (such as gastritis, GIRD etc.,)
 - Colace (over the counter) take with pain medication twice a day to prevent constipation
 - Zofran (ODT) 4 mg: Let one dissolve on tongue every 8 hours for nausea and vomiting
 - Other: _____
11. If you had a **Pain Pump** placed with your block, you can remove it by gently pulling it out and covering with a clean dry gauze on _____.



Robin M. Gehrmann, MD

12. Call the office next business day for appointment on _____.

13. Additional Instructions: _____

_____.

CPM MACHINE

- You will receive a CPM
- You will not receive a CPM

- CPM is NOT used in all cases. Its use is determined at the time of surgery. The day after surgery, a representative of the CPM company will contact you about delivery of your CPM machine. It is to be used 4-6 hours per day. It is initially to be set at _____ degrees and increased 5-10 degrees per day as tolerated. You will be instructed on the use of the machine when it is delivered.