

702.485.5885

Main office & Answering Service

Dr. Roddy McGee

Instructions for After Surgery

Patient Name	
Follow-up Date & Time	
Diet	<p>Resume your regular diet after surgery and drink plenty of water</p> <p>You may have some nausea after surgery and can begin with drinking clear liquids (water, 7-up, Ginger Ale), and eating light such as soup, crackers, or toast</p> <p>Consider taking a multivitamin.</p> <p>If you would like more detailed information about nutrition for recovery or performance, please ask and we will provide more details</p>
Wound	<p>Keep the wound and dressings clean and dry</p> <p>Dressings may be removed and new ones applied after 24 hours.</p> <p>If you have steri-strips (tape placed directly on the incision), leave in place until removed by the doctor.</p> <p>Drainage from the wound can be normal, don't let this alarm you. Call the office if this continues for more than 3 days.</p> <p>If bright red blood is coming from the wound and does not stop with applying light pressure and an ice pack for 20 minutes, please call the office</p>

<p>Medications</p>	<p>Pain medication may be helpful if taken on a schedule for the first 1-2 days after surgery</p> <p>If the medicine is not helping, call the office - there are many options</p> <p>Pain medicine can cause constipation. Over the counter stool softeners can be taken such as Senna or Colace. These are not laxatives. If you have not had a bowel movement in 2 days, Milk of Magnesia or a Fleets Enema can be helpful</p> <p>Narcotic pain medicines cannot be called in due to DEA regulations</p> <p>Pain medicine will not be refilled after hours or on weekends</p> <p>Medicine for Nausea has been prescribed. Use if necessary as directed</p> <p>If you have pain that persists beyond the expected time for your surgery, you may need a referral to a pain management specialist</p> <p>You may be prescribed a blood thinner after surgery - follow instructions for its use</p> <p>You can take over the counter Benadryl for itching or rash. Use caution - combining with pain medicine can cause you to become very drowsy</p>
<p>Fever</p>	<p>Patients can have low grade fever (temperatures of up to 100.4) after surgery in the first 24-48 hours</p> <p>If you have a temperature above 101 degrees, call the office</p>
<p>Swelling</p>	<p>Swelling is expected in the area after surgery</p> <p>If you have an ace-wrap, you can remove it after 24 hours and re-apply it with light compression to help with the swelling</p> <p>Elevating the limb above the heart when resting helps reduce swelling</p> <p>If swelling is worsening, showing no improvement, or the skin is becoming tight despite elevation, call the office</p>

Icing	<p>You can apply an ice pack to the area for 20 minutes every hour</p> <p>This can be helpful for the first 24-48 hours on a consistent basis and after that you can ice after physical therapy or any activity that increases your discomfort or swelling</p> <p>To protect your skin, place a washcloth or pillow case or sheet between the ice pack and your skin</p> <p>Some patients, depending on the surgery, are given a machine which circulates cold water through a wrap placed on the surgical area. If you have this follow these instructions -</p> <p>Set the machine to 45-55 degrees. Use on continuous for the first 1-2 days. After that, use on for one hour, off for one hour, for the first week. After 1 week, use as necessary for pain and swelling control. Be sure to check your skin every 1-2 hours to avoid injury.</p>
Stitches & Staples	<p>Stitches placed under the skin will dissolve</p> <p>Occasionally, the body can react to the stitch material and you may see the stitch push up to the skin surface</p> <p>The doctor or his assistant will remove any stitches or staples in the office</p> <p>Redness and skin irritation sometimes occurs around the incision from the stitches or staples</p> <p>Call the office if you have increasing redness or drainage from your incision that continues past 3-5 days</p>
Braces & Slings	<p>Sling (After Shoulder or other arm surgery) - Sling should be on at all times, even when sleeping, for the first 2 weeks, except during physical therapy. From week 2-6, it can be worn for comfort and should be on when outside the house. It will be stopped completely after week 6.</p> <p>Brace (After Knee or Elbow surgery) - should be on at all times, even when sleeping, for the first 2 weeks after surgery. The amount of motion will be set and adjusted by the Doctor. The brace will be discontinued completely by week 6, unless otherwise instructed by your Doctor.</p>

Driving	<p>You cannot drive if you are still taking Narcotic pain medicine - you could be charged with DUI</p> <p>Depending on your injury, surgery and your progress, the doctor will give you a release to begin driving. Typical time is between 2 and 4 weeks.</p>
Activity	<p>The day of and the day after surgery you should rest as much as possible</p> <p>Use crutches or a walker, if they were prescribed, when up and about</p> <p>You should not do any heavy lifting, pushing, or pulling. This generally means nothing more than 3-5 lbs.</p> <p>Return to work and sports will be decided by your doctor and is based on your injury and your progression through the physical therapy program</p>
Showering	<p>You may shower 2 days after your surgery</p> <p>If you have a cast or splint this must be kept completely dry</p> <p>You can saran wrap the wound to keep it dry. Medical equipment suppliers sell “cast bags” or a garbage bag can be used.</p> <p>It is ok to let water contact the wound after 48 hours (BUT - do NOT remove a cast, splint, or brace without permission from your doctor)</p> <p>No pools, bath tubs, hot tubs, lakes, oceans or other soaking in water until the wound is completely closed and you are given the ok by the doctor. Do not scrub the wound when cleaning</p>
Other	<p>The doctor will usually see you 2 weeks and 6 weeks after surgery and monthly after that if necessary, based on your injury and surgery</p> <p>If you are having any problems or concerns, contact the office, we may even schedule you to be seen sooner than your planned follow- up visit</p> <p>If you need to call after hours, on a weekend, or on a holiday, the answering service is available and can contact the doctor.</p> <p>These instructions are meant as a simple guide and do not replace the evaluation and recommendations of the physician</p>