



**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 <b>more detailed information about nutrition for recovery or performance</b>, 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><b>Drainage</b> from the wound <b>can be normal</b>, don't let this alarm you. <b>Call the office</b> 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, <b>please call the office</b></p>

Medications	<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 <b>cannot be called in</b> due to DEA regulations</p> <p>Pain medicine will <b>not be refilled</b> 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 <b>blood thinner</b> 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>
Fever	<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 <b>temperature above 101 degrees</b>, call the office</p>
Swelling	<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, <b>call the office</b></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 <b>protect your skin</b>, 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 <b>increasing redness or drainage</b> 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 <b>first 2 weeks</b>, except during physical therapy. From <b>week 2-6</b>, 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 <b>first 2 weeks</b> after surgery. The amount of motion will be set and adjusted by the Doctor. The brace will be discontinued completely by <b>week 6</b>, 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 <b>DUI</b></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 <b>3-5 lbs.</b></p> <p><b>Return to work and sports</b> 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 <b>2 days</b> 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. <b>Do not scrub the wound</b> when cleaning</p>
Other	<p>The doctor will usually see you <b>2 weeks and 6 weeks after surgery</b> and monthly after that if necessary, based on your injury and surgery</p> <p>If you are having <b>any problems or concerns</b>, 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 <b>after hours, on a weekend, or on a holiday</b>, 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>