

Bret H. Dales, M.D.
Marc R. Davidson, M.D.
Jeffreys D. Albright, M.D.
Derek J. McCammon, D.P.M.
Taylor J. Bunka, D.P.M.
Jess Meyer, P.A.-C
Julie Proctor, F.N.P.



ADVANTAGE
ORTHOPEDIC AND SPORTS MEDICINE CLINIC

24076 S.E. Stark, Suite 110
Gresham, Oregon 97030
(503) 661-5388
Fax (503) 666-9393

GENERAL POST-OPERATIVE INSTRUCTIONS

Surgery Performed By: _____ **Surgery Date:** _____

Follow up Appointment:

- A follow up appointment should be arranged for you when your surgery was scheduled. Please check your surgery information packet.
- If you do not have an appointment please call the office at 503-661-5388.

Diet:

- Begin with liquids and light foods such as Jell-O and soups.
- Advance as tolerated to your regular diet if not nauseated.

First 24 Hours:

- Be in the care of a responsible adult.
- Do not drink alcoholic beverages.

Pain Control:

- Strong oral narcotic pain medications have been prescribed for you. Use only as directed. No pain medication is capable of taking away all the pain. Taking your pills at regular intervals will give you the best chance of having less pain.
- If you need a refill PLEASE PLAN AHEAD. We recommend 24-48 hours for refills to be approved.
- Do not combine with alcoholic beverages.
- Be careful as you walk or climb stairs as mild dizziness is not unusual.

Wound Care:

- Maintain your postoperative dressing.
- Remove your surgical bandage on the fourth post op day. Dry the incisions carefully and cover with Band-Aids.
 - If you have a hard cast over the site of your surgery, please keep that on until your post op appointment.
- Keep the incisions clean and dry until your post op appointment. Showers are okay, be sure to avoid direct contact and immersing the incisions in water.
- Your incision may have staples/sutures, they will be removed at your post op appointment 7-10 days following your surgery.
- If there is a problem with bleeding through the dressing, redness, or abnormal drainage please call our office 503-661-5388.

Swelling:

- Your surgery site may display a moderate amount of swelling. This is to be expected.
- To help control swelling, you may ice the area for 20-30 minutes at a time and continue for at least the first week after surgery.
- The swelling may be present for several days, up to 2-3 weeks postoperatively.
- If you have persistent and/or increasing pain or swelling please call our office at 503-661-5388.

Exercises:

- Formal Physical Therapy may be prescribed by your doctor at your post operative visit.

When to call your Surgeon:

- Significant swelling or any numbness in the limb that was operated on
- Unrelenting pain or calf pain
- Fever or chills
- Redness around incisions
- Color change in foot or toes
- Continuous drainage or bleeding from wounds (small amount of drainage is expected)
- Any other worrisome condition

When to call your Primary Care Physician:

- Flare up of any of your regular medical conditions

When to call 911:

- Chest pain
- Shortness of Breath
- Any other acute serious condition