



Well Beyond.

Craig A. Yager, M.D.
Post-operative Instructions

Thank you for completing surgery with the Colorado Springs Orthopaedic Group. We look forward to working together to help you obtain the best outcome possible. Please refer to this handout as you progress through your surgery and the immediate post-operative phase. You will receive a discharge instruction sheet with orders specific to your surgery. Please call the office if you have any questions.

General Post-operative Instructions

- Medications
 - You have received 2-3 medications depending on your procedure, see pharmacy print out for information regarding potential side effects from these medications
 - Narcotic pain medication is used as necessary for pain control
 - Zofran (ondansetron) is used as necessary for nausea
 - Aspirin is provided to prevent blood clots and is typically taken for 30 days
 - If you have a history of blood clots or are already on a blood thinning medication, you may receive an alternative prescription or be asked to restart your medication following surgery
- Nerve block and pain medicine
 - If you received a nerve block from your anesthesiologist prior to your procedure, prepare in advance for the nerve block to wear off. Standard nerve blocks typically wear off 12-18 hours following administration. Begin taking your narcotic pain medication as prescribed starting 12 hours following your procedure to anticipate the nerve block losing its effect.
- Cold therapy
 - If you obtained a cold therapy machine prior to surgery please follow the instructions provided with the machine. Plan to start using the machine immediately following surgery and consistently for the first 48-72 hours.
- Dressing
 - Keep dressing in place for 2-3 days following surgery. You may then remove the dressing and leave open to air or cover if you prefer. Do not use any lotions, creams, or ointments on the incisions.
 - If a clear plastic dressing is in place, leave intact until follow up. You may shower with this in place.
 - If you were placed in a hard splint following surgery, DO NOT REMOVE. Leave in place until your follow up appointment.
- Ted hose
 - These support stockings are typically prescribed for lower extremity surgery. If prescribed, wear them for two weeks following surgery. You may remove the stockings to shower.
- Showering
 - After removing your dressings in 2-3 days you may shower letting clean water run over the incisions. Do not soak your wound in water (tubs, pools, lakes, rivers, oceans, etc.) until cleared to do so, typically 4 weeks from surgery.

Watch carefully for redness, excessive swelling, excessive bleeding, discharge, fever or pain not relieved by medication. Call immediately (719) 632-7669 if any of these are noticed.

General Post-Operative Instructions Continued

- Weight bearing
 - Please refer to your discharge instruction sheet for details regarding weightbearing
- Activity
 - Ice and elevate for a minimum of 24 hours following surgery. Place pillows under the ankle to elevate the leg.
 - Please refer to your post-operative rehabilitation protocol for more specifics regarding motion and exercises for the immediate post-operative period
- Durable medical equipment
 - If a brace or sling was prescribed, use it at all times with the exception of showering, changing clothes, or when doing exercises as directed by physical therapy.

At Home

- Once you have returned home, it is recommended that someone stay with you for at least one night.
- If you notice any of the following symptoms after you have returned home, please call the office to let Dr. Yager and his staff know immediately. If it is after regular office hours, please go to the emergency department
 - Fever of 101.5° F or 38.5° C or higher that is not improved by Tylenol
 - Pain not relieved by prescribed medication
 - Excessive leg swelling and pain
 - Redness, swelling, bleeding, or drainage from your incision site
 - Edges of the incision coming apart
 - Sudden coldness or discoloration at the incision site
 - Difficulty breathing, shortness of breath, or chest pain
 - Persistent nausea, vomiting, or diarrhea

Prescription Medications

- All prescriptions will be sent to your pharmacy prior to surgery. Should you need refills, please contact the clinic Monday-Friday between the hours of 8:00 a.m. and 4:00 p.m. **Refills will not be authorized outside of those hours.** Please have the phone number and address for the pharmacy that you would like to utilize for your refills. If you are having an allergic reaction to the medication that has been prescribed, please call the clinic immediately.

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