



**Desert Orthopedics Center, PLLC**  
7301 E. 2<sup>nd</sup> St., Ste 310, Scottsdale, AZ 85251  
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## **Post-Operative Instructions**

The following instructions should be followed very closely except where they vary with the explicit instructions provided by the surgical team.

1. Report any signs of infection (i.e. drainage from incision, redness at incision site, fevers), whether the infection is systemic or in a joint, even if not in the same extremity as the surgery.
2. Report any scratches or abrasions or injuries that are worrisome or may cause an infection.
3. Report any signs of boils, or pustules.
4. Do not take any cough or cold medications.
5. Do not consume alcohol or drugs for one week prior and after surgery since it dilates blood vessels and may cause bleeding, also to be avoided as long as pain meds are used.
6. If surgery is outpatient, arrange for a responsible adult to drive you from the facility on the day of the surgery since you will not be allowed to leave on your own. You will not be allowed to leave in a cab or uber/lyft.
7. If surgery is outpatient, arrange for a responsible adult to stay with you for the first 24 hours, since you cannot be left alone.
8. You may take a shower 3 days after surgery. Please keep all incisions/dressings dry. If dressing gets wet, please change.
9. No bathtub, Jacuzzi, hot tub, swimming pools or soaking wound for at least 3-4 weeks, preferably after cleared by your surgical team at your postoperative visit.
10. Do not apply any lotions, creams, ointments, perfumes or sprays on the surgical site.
11. Restart/continue all regular medications after surgery, unless indicated otherwise.
12. If blood thinning medications are prescribed, it is important to take the medication as prescribed and finish the whole prescription.
13. Drink plenty of fluids after surgery to stay hydrated.
14. Take only the pain medications as prescribed by your surgeon or pain provider.
15. You can expect moderate/severe pain which should be helped by the pain medications. The greatest discomfort is within the first 48 hours. Pain may increase with activity or PT. It is important to realize that the pain will NOT be brought down to nil.
16. If you received a pain block there may be rebound pain after the block wears off, and you should be ready to take the pain medications.
17. Ice/elevation is very helpful to decrease swelling which helps with pain.
18. Tylenol may be used to help alleviate pain. Do not exceed >2000 mg/day.
19. NSAIDs like Ibuprofen should be used at the discretion of your surgeon. If allowed to take, ensure that you are taking with food.
20. Diet is as tolerated but may note some nausea or vomiting. Important to keep to bland food in smaller quantities for the first 24-48 hours.



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21. The effects of anesthesia may persist greater than 24 hours. Please ensure that you are able to engage in any activity that may cause harm to yourself or others.
22. Driving should not be attempted until off pain medications and approved by your surgeon.
23. All surgeries involve scarring, which usually will fade over a year, although will never completely disappear. Avoid exposing to sunlight since that can cause permanent discoloration.
24. After surgery it is important to have a bowel movement within a few days. Constipation can occur with pain medication. You might have been prescribed stool softeners, if so continue to take it. In addition, if you are still constipated take over the counter medications. Finally if no bowel movement within 3 days, please call office.
25. In the event of an urgent questions such as severe pain not responding to pain medications, increasing swelling, redness or drainage at incision site, fevers, or any other questions regarding surgery please call 1-877-821-4657