

DR. PORTER'S POST-OP INSTRUCTIONS

Anesthesia precautions:

- Get up slowly, you may be dizzy. Help may be needed.
- Arrange for a responsible adult to remain with you for 24 hours. You may be drowsy, light-headed and forgetful. This is common.
- Do Not drink alcohol, drive, or operate heavy machinery for 24 hours or while taking pain medication.

You should use ice on the surgical site for 3-7 days. You should also elevate the affected extremity to prevent swelling.

A prescription for pain medication has been provided. Follow the directions on the bottle when taking this medication. You may want to take the pain medicine with food.

Keep your dressing clean and dry. **The dressing can be removed 3 days after surgery.** You may shower after your dressing is removed. Place Band-aids over wounds.

Do not put any creams or lotions (including antibiotics or cortisone creams) on the incisions.

If you are in a sling, you should remain in it at all times except for showering and physical therapy.

If you are in a hinged knee brace, leave it locked in extension until your first post-op appointment. You may bear weight on your leg if you wear your brace and use crutches or a walker.

A prescription for physical therapy has been provided. You should call your therapist and schedule an appointment for the day after surgery.

You will need to schedule a post-op appointment to see Dr. Porter. If you have not already scheduled this appointment, please call the office at 480-659-4811.

Contact Dr. Porter if any of these occur after hours: @ 480-262-9631. If during office hours, please contact our office at 480-659-4811

- Signs of infection: redness, swelling, heat, red streaks around surgical site.
- Fever, chills, shortness of breath.
- Numbness/tingling, discoloration at surgical area
- Prolonged vomiting
- Excessive bleeding
- Choking or difficulty swallowing