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POST OPERATIVE INSTRUCTIONS FOR LOWER EXTREMITY SURGERY

1. Keep your bandage/splint/cast clean and dry.
2. If you had an arthroscopic procedure, you may take your bandage off in 72 hours. There will be white tape over your incision sites. LEAVE THEM ON. At this time you may shower. Pat your knee/ankle dry trying not to disrupt the tape. You may not soak, bathe, Jacuzzi or swim until given permission.
3. Elevate your lower extremity above your heart by placing it on 2 pillows with your upper body lying flat to minimize swelling and discomfort. Wiggle your toes frequently. Start the exercises slowly the next day.
4. You should ice your knee off and on for the first week. If you do take your bandage off, make sure you place a cloth over the skin before placing ice back on your knee to prevent frost bite.
5. Pain medication has been prescribed for you. Pain medication should be taken with food. If you are having minor discomfort, Extra Strength Tylenol will work best. Please be aware most prescription pain medications (Vicodin, Percocet, and Norco) can cause constipation. Be sure to drink plenty of water or juice.
6. You were given a local or regional anesthetic during surgery. This may wear off in 6 hours or longer. You may have increased pain after it has worn off.
7. Please call the office (626) 795-8051 (Pasadena) or (626) 821-0707 (Arcadia) to schedule your follow up appointment on _____.
8. If you develop a fever above 101 degrees, have increase in pain or any other concerns; please notify your surgeon.
9. If you have any further questions, please do not hesitate to call the physician's office.