

Instructions for Dr. Skedros's patients after surgery

Call 801-747-1020 for appointments, questions, or concerns.

VICKIE or another medical assistant will CHANGE YOUR DRESSING ON YOUR 1ST APPOINTMENT. After the 1st dressing change, you may do additional dressing changes once every 2 to 3 days.

STAPLES OR SUTURES WILL BE REMOVED IN THE OFFICE IN ABOUT 2-3 WEEKS.

Your **1st appointment** will be 4-8 days after surgery (**some patients will not need this 1st visit**). This appointment will be with Dr. Skedros's medical assistant for incision check and dressing change.

Your **2nd appointment** will be 2 to 3 weeks after surgery, and will be with Dr. Skedros for suture removal. If you had **carpal tunnel surgery** the stitches will be removed 3-3.5 weeks after surgery.

MEDICATIONS:

For pain Oxycodone (Percocet), Hydrocodone (Norco; Lortab), or _____

Avoid constipation with: Colace, Metamucil, Fibercon, prunes, etc. (Senokot is good for bad cases).

Never take two types of pain medication at the same time. Never drink alcohol with pain medications.

For muscle relaxation (if needed): Methocarbamol (Robaxin), Cyclobenzaprine (Flexeril), or _____

Do not take a muscle relaxer medication within two hours of a pain medication.

For inflammation and swelling (if needed): Ibuprofen 600-800mg every 6-8 hours is OKAY to take along with your stronger pain medication; or _____

For refills call one of Dr. Skedros's medical assistants (Vickie Martin 801-747-1020).

If you have problems such as nausea and vomiting, please call us.

TREATMENT FOR PAIN & SWELLING:

Use an **ice bag** for 20 minutes at a time as often as you like, allowing the skin to warm between treatments.

BATHING AND SHOWERING:

Keep the incision dry for 7 days. After the 7th day, minimal contact with water is allowed, but do not submerge the incision. The incision can be submerged 10 days after surgery.

ACTIVITY ALLOWED AFTER:

SHOULDER SURGERY: If tingling starts to appear in your hand or fingers, then loosen the sling and/or Ace wraps. Also call our clinic and inform us that this has occurred.

ELBOW and WRIST SURGERY: If tingling starts to appear in your hand or fingers, then loosen the sling and/or Ace wraps. Also call our clinic and inform us that this has occurred.

KNEE and ANKLE SURGERY: To **reduce swelling**, elevate your foot, leg and knee above your heart (usually three or more pillows); also ice-pack the operated region for 20-30 minutes at a time. For knee surgery, wiggle your toes, ankle and knee (if allowed) every 30 minutes to avoid dangerous blood clots that can form behind your knee.

WEIGHT BEARING IF YOU HAD KNEE SURGERY:

You may apply _____ weight. Unless you have been told otherwise, it is okay to walk without the use of a walker, crutches, or cane.

***** AVOID DANGEROUS BLOOD CLOTS THAT FORM BEHIND YOUR KNEE BY MOVING YOUR KNEE AND ANKLE REGULARLY. ***** Taking one baby aspirin a day for ONE month is a good idea if you tolerate it (don't take aspirin if you are on another blood thinner; ask your regular doctor if you are not sure).

I have received & understand this information _____.

Patient name and date _____.