

## **Dr. Labovitch's Post-Op Instructions**

### **1. Immediate Post-op:**

- Keep operative extremity Elevated (at least 2-3 pillows) **as much as possible**
- Ice for the 20 minutes every couple of hours for the first 2-3 days (**DO NOT PLACE ICE DIRECTLY ON THE SKIN. THIS CAN CAUSE SKIN BURNS THAT CAN BE PERMANENT AND CAUSE A WOUND INFECTION**)
- If you are using a cold therapy machine, **DO NOT PLACE THE WRAP DIRECTLY AGAINST THE SKIN. THIS CAN CAUSE SKIN BURNS THAT CAN BE PERMANENT AND CAUSE A WOUND INFECTION**
- **Weight Bearing Status:** \_\_\_\_\_ extremity
  - \_\_\_\_\_ Weight bear as tolerated
  - \_\_\_\_\_ Partial Weight Bearing (50%)
  - \_\_\_\_\_ Touch-Down Weight Bearing
  - \_\_\_\_\_ Non-Weight Bearing

### **2. Pain Medication:**

- **Expect your pain to be the worst for the first 3 days after surgery**
- If you have been given a **nerve block**, you may be pain free or comfortable for 12-24 hours. When the block begins to wear off, your pain will increase quickly.
- Stay on top of you pain by taking your medication as prescribed
- Use **Vistaril** to help with nausea and/or uncontrolled pain
- Wean off your medication when your pain decreases
- It is ok to start NSAIDS (ibuprofen, Motrin, Advil) 48 hours after surgery (unless instructed not to do so by Dr. Labovitch or your primary care doctor)
- **CONSTIPATION**: Narcotic pain medication can cause constipation. You may use a stool softener (Colace or Dulcolax). Both are sold over-the-counter.

### **3. Dressing/Wound:**

- \_\_\_\_\_ **Do Not take down dressing** (will be done at first post-op visit)
- \_\_\_\_\_ Take down dressing 72 hours after surgery
- \_\_\_\_\_ Place a band aid or dry dressing over the wounds
- \_\_\_\_\_ Replace ace bandage or Ted stocking for the 1<sup>st</sup> week after surgery
- \_\_\_\_\_ **SHOWERS** are allowed 72 hours after surgery
- \_\_\_\_\_ Keep dressing and or splint clean and dry at all times
- \_\_\_\_\_ **NO baths, Jacuzzi, or Sauna for 4 weeks after surgery**
- \_\_\_\_\_ **Do not** place any gels or ointments on or around the wounds for 3 weeks

**4. Recommended Activities:**

- Flex and extend your ankles to increase blood circulation (unless you are in a splint used after foot, leg, or ankle surgery.....or if instructed not to do so by Dr. Labovitch)
- For upper extremity surgery: Flex and extend your fingers to increase blood circulation (unless you are instructed not to do so by Dr. Labovitch)
- Other: \_\_\_\_\_

**5. Nutrition and Sleep:**

- It is very important to have a well balanced diet before and after surgery. This will help with proper wound healing and decrease the chance for complications.
- **DO NOT DRINK ALCOHOL WHILE ON NARCOTIC PAIN MEDICATION.** Please limit your intake of alcohol before and after surgery. This will help with proper wound healing and decrease the chance for complications.
- **DO NOT SMOKE TOBACCO OR ANY OTHER INHALED SUBSTANCES AS THIS IS A KNOW RISK FACTOR FOR COMPLICATIONS (ESPECIALLY WOUND COMPLICATION, INFECTION, AND DECREASED BONE HEALING)**
- Adequate **sleep** is important. This will help with proper wound healing and decrease the chance for complications.

**6. WHAT TO WATCH OUT FOR:**

- **PAIN** not controlled by your medication
- Persistent **Drainage** coming out of the wounds
- **Fevers** greater than 100.5 lasting greater than 12 hours

**7. Phone numbers and Website:**

- **949-720-1944** (during normal business hours)
- **949-720-1944** (after hours)
- [www.ryanslabovitchmd.com](http://www.ryanslabovitchmd.com) (patient education button)