



PALM BEACH ORTHOPAEDIC INSTITUTE, P.A.

JAMES M. KERPSACK, M.D.

GENERAL POSTOPERATIVE INSTRUCTIONS

- 1) Your incisions were injected after the operation with a long acting anesthetic, which will wear off in 4-6 hours. Therefore, a moderate increase in pain may be anticipated. Start taking your pain medication before that time.
- 2) Postoperative pain is expected. The pain will be decreasing after a few days. Do not hesitate to use adequate amounts of prescribed pain medication. When taking pain medications you may experience nausea, drowsiness, mild itching or lightheadedness. **Do not drive or operate heavy machinery.** A stool softener may be used for constipation. You may take the Zofran for nausea.
- 3) If your pain is not controlled you may loosen the bandages, ice the surgical area, take ibuprofen and elevate the extremity. If this does not help, call the office for further instructions.
- 4) You should elevate the extremity above your heart as much as possible. Swelling is normal and may last a few weeks. It should improve when the extremity is elevated. If it does not improve please call the office.
- 5) Unless otherwise instructed you may remove your bandages in **48 hours**, but do not remove the steri-strips (small thin pieces of tape). Cover the incision with a small bandage, keeping it clean and dry. You may continue to use your ace wrap for swelling.
- 6) You may shower in 48 hours but **do not submerge the incision in a bathtub, hot tub, ocean or pool for at least 10 days as this may lead to infection.** It is ok to let the incision get wet with regular bathing.
- 7) If you have a fever above 101.4° or there is drainage and redness around the incision, please call the office.
- 8) If your extremity was numbed for the procedure, the numbness can last from 12-24 hours. After this, an increase in pain is normal. It should be controlled with medication.
- 9) You will be given individual instructions on returning to activities. In general, I allow activities as tolerated and encourage early motion and use of the extremity.
- 10) **If you are 19 years old or older and had leg surgery: If you are not allergic to aspirin and do not have a history of stomach ulcers, one adult (325mg) buffered aspirin should be taken twice per day for 10 days after surgery.**

*Contact our office directly at **(561) 727-1309** if you have any of the following symptoms:

- Increased redness, warmth, hardness around operative site
- Increasing and progressive drainage from the surgical area
- Fever of 101.4 or greater
- Persistent pain not relieved by medication
- Sudden onset of numbness, tingling, or discolored toes/fingers
- Inability to urinate within 8 hours following the procedure

***After Hours:** For any urgent questions or concerns after office hours, please call the main office phone at (561) 694-7776 and the answering service will contact Dr. Kerpsack.

***In case of an emergency, go to the nearest emergency room or call 911**

(561) 694-7776 | www.pboi.com

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