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Recovery after surgery depends mainly on you. These general guidelines can provide information that will aid you in your recuperation. More detailed post-op instructions specific to your surgery will be provided verbally by Dr. Carr.

1. **REST**—It is very important to remember to allow yourself time to heal. Provide yourself with several days of rest after surgery, then slowly restart your daily routine.
2. **PAIN**—With surgery, there is pain. Dr. Carr will provide you with pain medication, this may include over the counter medications or prescriptions. It is very important to take all prescription medication as ordered and not to mix them with alcohol. If you notice an allergic reaction to your pain medication such as itching or rash, contact our office. If you have increased pain after an activity lasting more than 2 hours, this usually means you have done too much too soon. Take this as a warning sign too slow down and pay attention to your movements. Pain medication will not take away all your pain, but it should allow you to rest. If you have continued pain, or your pain increases and it is unrelieved with your medication, contact our office.
3. **ELEVATION**-- Reduces swelling, and this relieves pain and can speed healing. The best position is to lie down and elevate the affected extremity above your heart. Though a recliner chair also works well, utilize pillows as needed to raise the affected extremity.
4. **ICE**—Is an important natural anesthetic that helps to relieve pain. It can help control swelling by decreasing the circulation to the surgical site. You may use any type of ice pack that is the most comfortable one for you. An inexpensive and flexible one is to take a one pound bag of vegetables from your freezer and use it. It is cold and it wraps around a surgical site easily. Never put the ice pack directly on your skin. Use a simple washcloth between ice pack and wound.
5. **PHYSICAL THERAPY/REHABILITATION**—Exercise is so important for the recovery of your surgical site. Proper conditioning and strengthening will be instructed by a Physical Therapist. Dr. Carr will order this after one of your follow-up visits. Some patients are able to perform their own physical rehab at home and require no outside intervention. Dr. Carr and you will discuss your return to activity and the best ways for you to achieve your goals. Have realistic expectations about your recovery and be positive!
6. **DRESSINGS**—If you have a dressing over your surgical site, this may be removed three days after surgery unless otherwise instructed by Dr. Carr. You may place a new dressing back over the site should you notice continued drainage. If the site is clean and dry, you may leave it uncovered.
7. **INFECTION**—Watch for a change in your surgical site. If you notice a foul odor, white drainage, or an excessive amount of drainage, please contact our office. If you have a low-grade fever of 100.5 or greater consistently, contact our office.
8. **FOLLOW-UP APPOINTMENTS**—After your surgery, you will be scheduled for a follow-up appointment. This is usually 7-10 days after your procedure. It is at this time that your staples or sutures will be removed. After the sutures or staples, are removed, you may shower and cover the site as needed for comfort. Dr. Carr will talk with you at this appointment about your progress and further recovery.

**IF YOU HAVE ANY FURTHER QUESTIONS PLEASE CONTACT
OUR OFFICE: Dr. Robert V. Carr (806) 797-4985**