

## Post-Operative Instructions

### Lower Extremity

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**Diet:** You will be begun on clear liquids following surgery. Once you tolerate clear liquids, your diet may be progressed to your normal diet as tolerated. If nausea occurs, try clear liquids and saltine crackers. If this fails to control the nausea, please contact our office.

**Activity:** Elevation of the extremity above your heart will help to prevent pain and swelling. Weight Bearing restrictions will be given specifically upon discharge from your facility.

**Pain Medication:** You will be given a prescription for pain medication at the time of discharge from your facility. You may have this prescription filled at the pharmacy of your choice. There is a 24 hour pharmacy in Lubbock: CVS Pharmacy @ 5124 34<sup>th</sup> Street (Brownfield Highway & Slide Road). If you cannot tolerate your pain medication, or if your pain is not controlled with your prescribed medication, please contact our office for further instructions. **Please note the outside of these circumstances, pain medications will not be prescribed or refilled by the physician on call after hours or on weekends or holidays. These must be refilled by our office during regular business hours.**

**Wound Care:** You should leave your operative dressing and splint in place until your follow-up appointment in our office. You will need to cover the dressing for bathing. A plastic trash bag works well, or The Brace Place has commercial cast-protective bags for bathing.

**Blood Clot Prevention:** Early motion is the most effective method to prevent deep venous thrombosis (blood clots). Cast or Splint applications, however may not allow motion of the operative extremity. If not allergic we also recommend one 325mg Aspirin daily for 6 weeks following your surgery for further protection.

**Clinic Follow-up:** A follow-up appointment will, in most cases, be scheduled for you in advance and given to you at the time of your pre-operative office visit. This appointment will be confirmed by your facility prior to discharge during office hours. If you are discharged after the office has closed or on weekend or holidays and you have a question regarding your follow-up appointment, please contact our office during office hours.

**When do I call the doctor?**

- \*If I begin to run a temperature over 101.5 degrees Fahrenheit
- \*If I have uncontrollable nausea/vomiting post-operatively
- \*If I have progressive bleeding through my dressings.
- \*If I have progressive redness developing around my incisions
- \*If I develop drainage from my incisions
- \*If I fall or have an accident and the usual measures (ice, rest, elevation, and pain medications) do not relieve the pain
- \*If I develop sudden shortness of breath or chest pain