

POST-OPERATIVE INSTRUCTIONS

Follow up

- Your follow up should have been made for you before the surgery
- If you do not have a follow up day or have questions regarding it, **call 630-790-1872**

Therapy:

- If we discussed the need for therapy, please call **630-967-2000** to make this appointment
- If we discussed seeing therapy before your postoperative visit, please schedule accordingly

You may be placed in one of the following dressings after surgery:

- **Cast/Splint:** please keep your cast/splint clean and dry until follow up. Place a bag over it when you shower. If this gets wet, please call our office immediately.
- **Soft dressing:** if placed in a soft dressing with no hard plaster underneath, you can generally remove this dressing 3-5 days after surgery and keep your incisions clean and dry. If you are not sure, do not hesitate to call our office regarding directions.

Showers

- Keep dressing and/or wound dry until you see me in office unless I tell you otherwise

Activity

- Please remain non-weight bearing to the operative extremity with only gentle activity, make a fist often and move fingers.

Driving

- You should refrain from driving if you are on narcotic pain medications (Tramadol, Norco, Percocet... etc.). If you are off narcotic pain medications, you may start driving when you feel comfortable and safe doing so. Please use caution before starting to drive again.

If you have any of the following signs or symptoms please proceed to your nearest Emergency Room:

- Chest Pain
- Shortness of Breath/ Difficulty Breathing
- Excessive Bleeding
- Anything else you deem an emergency

Please call the surgical team if you have the following:

- Excessive swelling
- Foul smelling odor from your wounds or dressings
- Discharge from your surgical wounds
- Persistent pain that does not get better with the prescription pain medication
- Persistent nausea and/or vomiting
- Fevers greater than 101.1 after the first 48 hrs post op
- Dramatic changes to you post operative pain

Medications:

- See discharge medication list

While on narcotic pain medication, please refrain from:

- Driving
- Operating Heavy Machinery/Power Tools
- Drinking alcohol
- Staying by one's self
- Making important decisions or signing legal documents

You can resume all of your home medications after surgery with the following exceptions:

- Immune Modulating Drugs: These are drugs for rheumatoid arthritis, psoriasis and chemotherapy. If you are taking these drugs please check with the surgical team.
- Steroids: please ask the surgical team when to restart your normal steroid doses.
- Blood thinners: these are medications like coumadin may be held post operatively in some cases, please check with your surgical team or your surgeon's nurse.

Please do not hesitate to contact us with questions or concerns:

- If you have issues during the day, please call the orthopedic clinic at **630-790-1872**
- If you have urgent questions after hours please call **630-790-1872** and ask to page the PA on call

Please visit www.JonathanTwuMD.com to learn more about your condition, procedure, preoperative and postoperative care. There are also directions for postoperative pain control and home exercises.

If you've been happy with your care, please fill out our Press Ganey Survey emailed by DuPage Medical Group or write a review on Google for me (link can be pulled up with the QR code below). We appreciate all feedback!



Scan me or take a photo to write a Google Review!