



Brent M. Lawrence, MD
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POST-OPERATIVE SURGERY INSTRUCTIONS

- 1) Depending on the type of surgery you had, you may have restrictions regarding weight bearing or use of the extremity. The nurse will review these with you at the time of discharge.
- 2) The type of dressing or immobilization you will have depends on the surgery that was performed. If your extremity is placed into a splint, leave the splint in place until your follow up visit with Dr. Lawrence. If a soft dressing is applied to your extremity, you may remove your dressings 72 hours after surgery. You may experience drainage from your incisions for 2-3 days after surgery. Apply a dry dressing as needed.
- 3) You may need to use ice packs to help reduce swelling in your extremity post-operatively. Swelling following surgery is normal, but ice and elevation of the surgical extremity will help control and reduce the amount; this will also help decrease discomfort and help you regain your motion.
- 4) A prescription will be provided for pain medication. Anti-inflammatory medication may be prescribed depending on surgical procedure. These medications should be taken with food. You may use Tylenol instead of the pain medication for less severe pain.
- 5) If incisions are dry, you may shower 72 hours after surgery. Keep incisions covered with a waterproof bandage or plastic bag while you shower. Pat incisions dry and apply a clean, dry bandage. **DO NOT** apply ointment or cream to incisions.
- 6) Until your first visit with the doctor following surgery, do not swim, take tub baths, or use a whirlpool. You will return to the doctor for suture or staple removal approximately 10 to 14 days after surgery.
- 7) If no complications arise and surgery has proceeded as planned, you will go home as soon as you awake and are stable enough to do so. This is usually about one to three hours after surgery.
- 8) If you develop any fever (above 101 degrees), unexpected redness/swelling in your surgical extremity, uncontrolled nausea or vomiting or have any other questions, please call our office for further instructions.

If you or your family has any questions or concerns, please contact our office at (501) 321-0555