



TEXAS ORTHOPEDICS

SPORTS & REHABILITATION ASSOCIATES

A DIVISION OF OrthoLoneStar

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Orthopedic Surgery, Sports Medicine, Knee & Shoulder Reconstruction

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Post-Operative Instructions

1. Weight bearing status: Weight bearing as tolerated/Partial weight bearing/Non weight bearing/Not indicated
2. Bracing: No brace/Locked/Unlocked, Sling: No sling/Sling/Ultra sling
3. No driving during the first week after surgery regardless of the operative leg/arm or while on narcotic medications.
4. Follow up at your first Physical Therapy appointment. You should have an appointment in 1-2 days, if not please call our office today. Allow your therapist to change your bandages as needed.
5. Please do not use any ointments under the bandage.
6. Use ice as much as possible for the first 7 days and then as needed for pain. Ice should not be applied directly to the skin as it can cause burns. Ice can be used in 20 minutes on, 20 minutes off fashion.
7. You may shower on postoperative day #2-3; however do not wet the wound/dressing. Cover the area with tape and plastic wrap. Keep the wound dry at all times. Do not soak the knee/arm in water or go swimming in the pool or ocean until advised by the doctor (minimum 2 weeks).
8. If you had surgery on your leg, keep it elevated with a pillow under your calf. Elevation only

helps to reduce swelling if your knee is above the level of your heart. It is normal to have some swelling in your calf and foot in the first few days after surgery, but calf pain should improve in a few days, not worsen.

9. Crutches are to be used as needed only for pain. Most patients use crutches for about 1 week after surgery.
10. You should already have a **post-operative visit** scheduled. If not call the office after surgery to make an appointment 7-10 days after surgery.
11. If you develop a **fever** (101.5), redness or drainage from the surgical incision site, please call our office to arrange for an evaluation.
12. You will receive **prescriptions** for medication to be used after surgery: these may include a narcotic pain medication, Aspirin, and/or an anti-nausea medication/stool softener.
 - Narcotic Pain Medication and Tylenol
 - Generally used for 1-2 weeks after surgery
 - May cause constipation and/or nausea
 - Do not exceed 3,000 mg of Tylenol (Acetaminophen) in one day
 - Aspirin Medication
 - If you have heartburn or stomach difficulties while taking this medication, try taking each tablet with over-the-counter Prilosec or TUMS. If you continue to have difficulties, please call our office.
 - Please refrain from taking oral nsaid's such as Advil or ibuprofen while taking Aspirin.
 - If you are already taking a blood thinner and we have discussed restarting your medication, please take that as prescribed and do not add Aspirin.
 - Anti-nausea Medication and stool softener for constipation
 - Take as prescribed

Every patient is different: If Dr. Walker gives you individual instructions (even if they are different from this handout), please follow them.

****If you have any questions, please feel free to call our office.****