

TEAM CONTACT INFORMATION

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NAME: _____

PROCEDURE: _____

LOWER EXTREMITY POSTOPERATIVE CARE & INSTRUCTIONS

FOLLOW-UP APPOINTMENT: This appointment will be approximately 2 weeks after your surgery. This appointment is typically with the physician assistant only.

Your first post-operative appointment is on: _____ at _____ am/pm.

Appointment Location:

- ☐ Aspen Clinic: 401 Castle Creek Rd. Aspen, CO 81611
- ☐ Willits Clinic: 200 Robinson St. Basalt, CO 81621
- ☐ Telehealth Appointment
- ☐ You do not have a follow up appointment scheduled. Please contact our office at (970) 718-0920.

*** Please contact our office if you are unable to attend your first post-operative appointment ***

EMERGENCY SYMPTOMS TO BE AWARE OF POSTOPERATIVELY:

1. If you have a fever greater than 101.8 degrees F (*after the first day*), redness or purulent drainage from the incision; and/or numbness, tingling or discoloration of the surgical site, **EXCESSIVE** pain or swelling, **CALL (970) 476-1100** for immediate assistance!
 - Signs of Infection Include:
 - Redness surrounding incision site.
 - Increased heat surrounding incisions.
 - Red "streaking" along the affected extremity.
 - Any discolored drainage from the incisions.
2. If your calf becomes significantly swollen, tender, red or painful, go to your nearest emergency department as soon as possible. These can be the first signs of a blood clot.
3. If you begin to have severe chest pain or shortness of breath, please **call 911** or go to your nearest emergency department as soon as possible.

To Note: Pain, bruising, and swelling are common symptoms following a surgical procedure. However, if you are concerned, please always contact our team. Better safe than sorry!

SHOWERING AFTER SURGERY: Please keep your dressings on and dry for 48 hours following your surgery. After 48 hours, you may shower as normal. Please do not scrub your incision, rather, wash near it and let the soap and water run over the area.

(Disregard this message, and see the next section for instructions if you were placed into a splint or cast)

DRESSING/SPLINT INSTRUCTIONS: Do **NOT** apply any lotions or ointments to your incisions.

Do **NOT** soak your surgical site until at least 21 days post-operatively, or until the incision is fully healed. This includes baths, pools, hot tubs, etc.

- ☐ You or your physical therapist may change your dressing in 48 hours. Remove the bulky cotton dressing and replace with waterproof Band-Aids as needed.
- ☐ You have an Aquacel or Optifoam dressing on over your incision. Leave this dressing in place until your first post-operative appointment. These dressings are waterproof!
- ☐ Keep your splint/cast on until your first post-operative appointment. Please contact our team if you start to develop a painful pressure point, excessive discomfort, or numbness/tingling. **Do not put any objects in your splint/cast.** You may purchase a shower bag online or use plastic bags and tape to keep your dressing dry.

ICING YOUR SURGICAL SITE: It is normal to have swelling and pain in your surgical site for several days or weeks after a procedure. Icing can be beneficial for reducing pain, swelling and inflammation. Ice for no more than 20 minutes at a time. If you opted to use a cold therapy machine (NICE or Game Ready) please follow the instructions from the company on how to operate your machine.

PHYSICAL THERAPY: You are responsible for contacting a physical therapy office and scheduling your appointments.

- ☐ Physical Therapy is not required following your procedure. If you would like to attend physical therapy, please contact our office.
- ☐ Physical Therapy is not needed until your follow-up appointment.
- ☐ Physical Therapy is to begin in 1-2 days.

ACTIVITY INSTRUCTIONS:

- ☐ Non-weight bearing: No pressure may be applied to the affected leg.
- ☐ Flat Foot Touch Down Weight Bearing: A small amount of your weight (no more than 10 lbs.) may be supported by the affected leg. You may rest the weight of your leg on the ground when standing still.
- ☐ Partial Weight Bearing: _____ % of your total weight may be supported by the affected leg.
- ☐ Full Weight Bearing: All your weight may be supported by the affected leg as tolerated.

CONTINUOUS PASSIVE MOTION MACHINE (CPM):

- ☐ CPM is not required following your procedure.
- ☐ You should use the CPM at least _____ times/day for _____ hour each time. Your CPM will begin to move from _____ to _____ degrees. You will increase the degrees by _____ degrees per week, until _____ degrees are achieved. You will use your CPM for _____ days total. At your first post-operative appointment, instructions will be given to continue or discontinue use of your CPM. Remove your brace when using the CPM.

BRACE:

- ☐ No Brace: Immobilization is not necessary following your procedure; however, you should keep your knee always wrapped with an ACE bandage for the first 48 hours.
- ☐ Hinged Knee Brace: This brace should remain locked until your nerve block wears off. After this has occurred, you may unlock your brace from _____ degrees to _____ degrees. Do not change the position of your brace unless instructed by our team.

COMPRESSION STOCKINGS: You are required to wear the stockings **AT ALL TIMES** except for hygiene until your first-postoperative appointment. This includes sleeping, physical therapy, activity, etc.

ANKLE EXERCISES: Perform ankle pumps and/or form the letters of the alphabet with your toes to keep blood flowing to the heart and prevent clots from forming in the calf.

POST-OPERATIVE MEDICATION INSTRUCTIONS:

PAIN MANAGEMENT:

Prescription Pain Medications: Percocet, Norco, Oxycodone, Hydromorphone

Over-the-counter Medications: Ibuprofen (Advil, Motrin), Naproxen (Aleve), Acetaminophen (Tylenol)

- ☐ You may NOT take any Anti-Inflammatories including Ibuprofen (Advil, Motrin) or Naproxen (Aleve).
- ☐ You may take ibuprofen (Advil, Motrin) 400-800 mg every 8 hours, or naproxen (Aleve) 250-500 mg every 12 hours.
- ☐ You may take Acetaminophen (Tylenol) 1000mg every 8 hours as needed. DO NOT exceed 3000 mg of Tylenol total per 24 hours. DO NOT take Acetaminophen if you are taking Percocet, Vicodin, or Norco.
- ☐ You may NOT take Acetaminophen (Tylenol).
- ☐ You may take Celebrex 200 mg once daily, or 100 mg every 12 hours
- ☐ You may take Meloxicam 7.5 mg once or twice daily

We have prescribed you: TAKE AS DIRECTED

- ☐ Tramadol | Oxycodone | Oxycontin | Norco | Hydromorphone | Percocet

*****DO NOT DRIVE OR MIX ALCOHOL WHILE YOU ARE TAKING A PRESCRIPTION PAIN MEDICATION*****

NAUSEA MANAGEMENT: This is a common side effect of anesthesia and/or prescription medications. You may have been prescribed an anti-nausea medication to help relieve these potential symptoms. Should symptoms persist, or you have an associated fever, chills, abdominal pain, diarrhea, please contact our team immediately.

- ☐ You were prescribed ondansetron (Zofran) | scopolamine patch | metoclopramide
- ☐ You were not prescribed any medication to help with nausea. If you are experiencing nausea, please reach out to our team.

ANTICOAGULATION: There is always a risk of blood clots with any surgical procedure. To help mitigate the risk of a blood clot after your surgery we have prescribed you:

- ☐ No anticoagulation is necessary following your surgery.
- ☐ Aspirin (81mg): Take 1 tablet of 81 mg Aspirin twice a day for 30 days (4 weeks) beginning the day after surgery.
- ☐ Lovenox (40mg Injectable): Inject yourself with 1 injectable once a day for ____ days beginning the day after surgery.
- ☐ Eliquis (2.5mg): Take 1 tablet of 2.5mg Eliquis twice a day for 30 days beginning the day after surgery.
- ☐ Eliquis (2.5mg): Take 1 tablet of 2.5mg Eliquis twice a day for 14 days beginning the day after surgery. After these 14 days are complete, transition to taking 1 tablet of aspirin 81mg twice a day for ____ days.

AVOIDING CONSTIPATION: Take a stool softener every day that you take narcotic pain medications. Please follow the attached bowel regimen and begin with step 1 on night of your surgery.

- ☐ Docusate Sodium (Colace, Dulcolax Stool Softener): take 1 tablet twice a day.
- ☐ Sennosides (Senna): take 1-2 tablets by mouth at night as needed for constipation

POST-OPERATIVE BOWEL REGIMEN:

****A major side effect of Anesthesia and Prescription pain medication is constipation****

Prescription pain medications slow down your gut motility and may make it very difficult to have a normal bowel movement. This list is a guide to help you avoid excessive constipation following your surgical procedure. Each of these medications is over the counter and **DOES NOT** require a prescription. Start with step 1 and move through the list accordingly.

IF YOU HAVE NOT HAD A BOWEL MOVEMENT AFTER 3 DAYS, PLEASE CONTACT OUR OFFICE, CALL 911, OR GO TO THE NEAREST EMERGENCY DEPARTMENT.

Step 1 (if no results in 24 hours, move to step 2)

- A. **Docusate** 100 mg by mouth twice to three times a day or
 - B. **Senna** 1 tab by mouth daily up to twice daily
- *Do not take any of these if you are having loose stools

Step 2 (If no results in 24 hours, move to step 3)

- A. **Docusate** 100 mg by mouth twice a day and
- B. **Senna** 2 tabs by mouth twice a day and
- C. **Magnesium Citrate** Laxative Solution

Step 3 (If no results in 24 hours, move to step 4)

- A. **Docusate** 100 mg by mouth twice a day and
- B. **Senna** 3 tabs by mouth twice a day and
- C. **Bisacodyl** rectal suppository 3-4 after breakfast

Step 4 (If no results in 24 hours, move to step 5)

- A. **Docusate** 100 mg by mouth twice a day and
- B. **Senna** 4 tabs by mouth twice a day and
- C. **Miralax** 1 capful daily in 8 oz crystal light or similar (or Lactulose or Sorbitol 15 ml by mouth twice a day)
- D. **Bisacodyl** rectal suppository 3-4 after breakfast

Step 5 (Indicated for no Bowel Movement in 4 days)

- A. **Sodium phosphate enema** or
- B. **Oil retention enema** or
- C. **High-colonic tap water enema**

Step 6 (If no results in 24 hours, move to step 7)

- A. **Docusate** 100 mg by mouth twice a day and
- B. **Senna** 4 tabs by mouth twice a day and
- C. **Miralax** 1 capful 1-2 times daily in 8 oz crystal light or similar (or Lactulose or Sorbitol 30 ml by mouth twice a day)
- D. **Bisacodyl** rectal suppository 3-4 after breakfast

Step 7 (If NO RESULTS, Please call 911 or present to your nearest Emergency Department)

- A. **Docusate** 100 mg by mouth twice a day and
- B. **Senna** 4 tabs by mouth twice a day and
- C. **Miralax** 1 capful 2-3 times daily in 8 oz crystal light or similar (or Lactulose or Sorbitol 30 ml by mouth four times daily)
- D. **Bisacodyl** rectal suppository 3-4 after breakfast