



Post-Operative Instructions

Post-Op Instructions & Checklist

Dr. Adams

1(246) 258-3902

Patient's Name: _____ Surgery date _____

1. After your procedure, you must be driven home & accompanied by an adult who is able to assist you. The anesthesia used during your surgery can make you feel a little off for a day or two. During that time, you should not drink alcohol, make any important decisions or engage in any potentially hazardous activities.
2. It is very common to be slightly nauseated after surgery and anesthesia. You should start with a light mild diet until your appetite comes back. It is also very important at this time to stay hydrated by drinking plenty of water and other clear fluids. Taking pain medicine on an empty stomach can also contribute to stomach upset so make sure you eat something with your medication.
3. Post-operative constipation can result due to a combination of inactivity, anesthesia and pain medication. To help prevent post-op constipation, you should increase your water & fiber intake the weeks before & after surgery. Physical activity stimulates the bowel and helps your body get back to normal so try to remain as active as possible while still protecting the surgical area. If you do experience constipation, you may try taking Metamucil powder or Dulcolax (stool softeners) as directed. If these do not work, please contact your primary care physician.

4. You will need to bathe with a washcloth for the first 2 days after surgery while the dressings are in place. For most procedures, including arthroscopy and shoulder surgery, you may remove your dressings after 5 days and take a shower. You should NOT submerge the incision in a bath, pool or hot tub until the sutures are out & the wound is healed.

If you have had an open procedure (like an ACL) on your knee, you should wait until after your first Post-op visit before you can shower safely. Your first visit should be 5–7 days after surgery. They will remove your dressings and instruct you on how to shower safely. The main concern here is stability—if you do not have safety bar/railing in your shower, you may want to use a chair for support.

5. If you have had a fracture repair or surgery that requires a hard post-operative splint, this **MUST NOT BE REMOVED** until your post-op visit and **MUST BE KEPT DRY** during bathing. There are “cast covers” for bathing that can be purchased at local drug stores.

6. If you have been given a brace or sling to use, please use it full-time until your post-op visit where we will instruct you on further use. You may open the brace for icing your knee and remove the sling for bathing. Crutches are used for complex knee/ankle surgeries but they are often not necessary for arthroscopic surgery. We will discharge you with specific instructions.

7. It is fairly common to have a low-grade fever for a day or two after surgery. You may take Panadol as directed for the fever. If your fever lasts more than a few days or is greater than 101.5 please call us.

Your physician may discharge you with additional instructions. Please read your discharge papers.



YOU DESERVE THE BEST HEALTH

