

EROL YOLDAS, MD
POST-OPERATIVE INSTRUCTIONS

Name: _____

Date of Surgery: _____

Date of Birth: _____

FOLLOW-UP APPOINTMENT:

After your surgery is completed, Dr. Yoldas will be seeing you in the office for follow-up appointments. It is important that you schedule your first post-op appointment.

Scheduled for: _____

- It is also a good idea to schedule your post-op physical therapy sessions today if you will be requiring physical therapy.

POST-OP CARE: Please read the following instructions carefully. If you have any questions you may call Alex at 954-866-9699.

DRESSING CHANGES:

The post-op dressing is a vital part of your surgical success.

- It is important to keep the dressing on and dry until you come back into the office. The bandage should be left in place to keep the dressing intact.
- **Do not** touch, remove, or apply ointment to the tape strips (Steri-strips) that cover the incisions. These will eventually peel off at about 7-10 days post-operatively.
- If you experience any of the following, please phone the office as these may be an indication of infection:
 - Redness surrounding the incision or streaking from it, excessive drainage, increased pain, and/or increased temperature or fever.

SUTURES:

The sutures used during surgery are made to dissolve. They require no special care. If you have a longer incision it will have two "tags" of suture at either end. At approximately one week post-op these "tags" of suture will be clipped at the skin level. This will be done at the office. The remaining suture is absorbable.

BATHING:

It is important to *keep the incisions dry* at all times for the first 7-10 days post-op. You may sponge bathe or shower if you are careful to keep the incisions covered and dry. Avoid baths, swimming pools or Jacuzzis until all incisions are *completely healed*, usually within 10-14 days.

RANGE OF MOTION (ROM) AND PHYSICAL THERAPY:

ROM exercises will help to decrease the amount of swelling in the operative area. Follow the post-op guidelines given to you on the day of your surgery. Also be aware of any limitations such as labral repairs. Depending on your surgery, you will be given specific exercises to follow at different timeframes during your rehabilitation. It is important to keep up with these instructions carefully to restore range of motion and improve strength.

MEDICATIONS*:

Two medications are routinely used following your surgical procedure:

1. *Motrin/Ibuprofen*: anti-inflammatory to assist with pain and swelling. Take one tablet three times a day for ten days.
2. *Vicodin/Percocet*: pain medication. Take as needed every 4-6 hours for pain/discomfort. **Do not** mix with alcohol, drive while taking, or take additional Tylenol while on Vicodin/Percocet.

**It is important to take these medications with food or milk to avoid nausea.*

FOLLOW UP:

We are interested in your range of motion, amount of swelling, weight-bearing status, physical therapy progress, and also any questions and/or concerns you have. You may call 954-866-9699 and ask for Alex, or please leave us a detailed message.

Patients' Signature: _____

Date: _____

NOTES:
