

POST OPERATIVE CHECKLIST & INSTRUCTIONS

The following checklist comprises of instructions that should be adhered to after your scheduled surgery date.

1. The Day of Surgery

- a. After your surgery, you **must** be driven home and accompanied by an adult who is able to assist you.
- b. 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 or engage in any potentially hazardous activities.

2. Anesthesia

- a. It common to be slightly nauseated after surgery and anesthesia.
- b. You should start with a light mild diet until your appetite returns.
- c. It is very important at this time to stay hydrated by drinking plenty of water and other clear fluids.
- d. Please be advised that pain medication **should not** be taken on an empty stomach, doing so will contribute to an upset stomach.

3. Showering

- a. You will need to bathe with a washcloth for the first two days after surgery while the dressings are in place.
- b. You should **not** submerge the incision in a bath, pool or hot tub until the sutures are removed and the wound is healed.
- c. For an open procedure (for example an ACL) on your knee, you should wait until after your first post-operative appointment before you can shower safely.
- d. Your first visit post – operative appointment will be seven days after the surgery. At this appointment, your dressings will be removed and instructions will be given on how to shower safely.
- e. The main concern for showering is stability- if you do not have bar/railing in you shower, you can use a chair for support.

4. Fracture

- a. For all fracture repair or surgery that requires a hard post-operative splint. This splint **must not be removed** until your post-operative visit.
- b. The area **must be kept dry** during bathing.
- c. There are “*cast overs*” for bathing that can be purchased at local drug stores.

5. Brace. Sling. Crutches

- a. If you have been given a brace or sling to use, please be advised you are required to use it full-time until you are instructed otherwise.
- b. You may open the brace for icing your knee and remove the sling when showering.
- c. Crutches are used for complexed knee or ankle surgeries but they are hardly needed for arthroscopic surgery.

6. Fever

- a. 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.
- b. If your fever lasts more than a few days or is greater than 101.05, please contact the office.

If you have any further questions, please don't hesitate to contact the office at;

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We wish you a speedy recovery