



General Postoperative Instructions

Dr. Jeffrey J. Mair, DO

PAIN:

- You will be sent home from the surgery center with prescriptions for pain medication.
- Start the oral medication before your nerve block or local anesthetic wears off.
- After the first few days, as the pain lessens, you may decrease the frequency with which you take the medication.
- Remember, the medications are not necessarily meant to completely eliminate your pain, only to make it more bearable.
- It is also helpful to use ice, as well as to elevate your operative extremity, to decrease pain and swelling.
- If these measures are not adequately controlling your pain, please call our office. If it is after hours, you will speak to the physician on call.

MEDICATIONS:

- Most pain medications need a handwritten prescription for refills and cannot be obtained after hours or on the weekends. Please plan accordingly.
- Narcotic pain medications can cause constipation; you may wish to use an over-the-counter stool softener to help prevent this.

DRESSINGS:

- You will have a soft dressing applied over your surgical site. This is meant to absorb any leaking blood or fluid from the joint, and to protect from infection.
- The dressings may become moist or blood-stained; this is normal and usually not a cause for alarm.
- In addition, depending on your procedure, a hard splint or brace may be positioned to support your joint and limit motion.

BATHING:

- After 2 days, you may bathe or shower as long as you keep the operative extremity, splint, and dressings dry, unless instructed otherwise.

DRIVING:

- You may not drive while you are taking pain medications.
- Once you have discontinued the pain medications, your doctor will let you know when it is safe to drive, depending on your specific procedure.

WHEN TO CALL:

- Please call if you develop a fever greater than 102°F, increasing pain that is not responding to pain medication, redness, increased swelling, persistent bleeding or drainage, or drainage other than clear fluid or blood.
- For any concerns, call our office at 952-442-2163.
- After hours, the answering service will contact the physician on call.