



POWELL ORTHOPEDICS  
AND SPORTS MEDICINE

## Postoperative Instructions - General

### Things you may experience:

- Nausea after anesthesia. Nausea, itching and/or constipation with use of narcotic pain medication
- Pain, swelling, slight drainage from incisions and low-grade fever for up to several days after surgery
- Inability to drive for several days after surgery or longer if you drive a manual transmission vehicle
- Difficulty sleeping/finding a comfortable position after shoulder surgery. Consider the recliner or propped on pillows

### Things to do:

- Have someone drive you home from the surgery facility and help you through the first few days.
- Take pain medications as prescribed initially, then wean down/off as you are able. Over the counter anti-inflammatories (Motrin, Aleve) are recommended **in addition** if you tolerate these drugs and are not taking blood thinning medications. Take these medications with food. If you had a block and your extremity is numb, hold pain medication until you feel tingling/the block begins to wear off.
- Ice the operative area at least 3-4 times per day. Cold therapy should remain in place for only 20 minutes and be removed for at least 30 minutes before repeating. If a cold therapy/compression device has been recommended for you then follow the directions provided by the representative.
- Follow up in our office about 2 weeks after surgery. Call for an appointment as soon as possible after surgery if not already scheduled.

### Wound care:

- Leave the surgical dressing in place and keep it dry for 24-48 hours after the procedure. Then, remove the surgical dressing, shower and allow soapy water to run over the incisions, dry thoroughly and re-cover with Band-aids or gauze and tape as needed. Do this at least daily and keep incisions covered until drainage stops.
- Keep the steri-strips in place until they peel up or fall off. Shower/wash over them and pat dry afterward.
- If there is a mesh, rectangular tape stuck to your skin over the incision (called Prineo), **DO NOT** remove it. It should remain in place for about 2 weeks (until your follow up appointment) even through showers/wound cleaning.
- Inspect your incisions daily and **DO NOT** apply ointments or creams to the surgical site. Peroxide, alcohol, or betadine are usually not necessary.
- We **DO NOT** recommend you submerge the surgical site/incisions in a tub until completely healed and you should avoid dirty water such as pool/hot tub/lake.

### Call us if:

- You experience a significant increase in pain, redness, milky or yellow colored drainage from wound and/or a temperature greater than 101 degrees
- You experience significant swelling at the calf/ankle/foot, pain and tenderness in the calf, shortness of breath or chest pain
- You have numbness/tingling or lack feeling in the hand/arm that lasts 36-48 hours after surgery
- Any other concerns or questions