



EDWARDS
ORTHOPEDICS

Advanced Orthopedic Surgery, Close to Home.

Dr. Chad Edwards, Orthopedic Surgeon

POSTOPERATIVE INSTRUCTIONS

General Procedures

These are general instructions. Follow any procedure-specific postoperative restrictions or additional instructions you were given.

Incision and Bandage Care

- Keep the incision, dressing, splint, cast, or bandage **clean and dry until you are specifically cleared to get it wet.**
- Do not remove or change the dressing unless you were instructed to do so.
- Do not soak or submerge the surgical area in a bath, pool, or hot tub until cleared.
- If the bandage becomes saturated, wet, loose, or you have concerns about it, contact the office.

Pain Control - Goal: Minimize Opioids

- **Acetaminophen (Tylenol):** Take 1,000 mg (two 500 mg Extra Strength tablets) three times a day unless instructed otherwise.
- **Anti-inflammatory medication:** Unless you were prescribed Celebrex or another anti-inflammatory, take ibuprofen 800 mg three times a day with food. Do not take ibuprofen if you have been told to avoid NSAIDs.
- **Do not combine NSAIDs.** Do not take ibuprofen together with Celebrex, meloxicam, naproxen, diclofenac, or another NSAID.
- **Oxycodone / Percocet:** Use only if pain remains unbearable despite Tylenol and your anti-inflammatory medication. Use as little as possible. The goal is to avoid opioids whenever possible.
- **Important Tylenol warning:** Do not take additional medicines that contain acetaminophen. Percocet contains acetaminophen and counts toward your daily total.
- **Alcohol and driving:** Do not drink alcohol or drive while taking oxycodone, Percocet, Flexeril, or any medication that makes you sleepy or impairs your judgment.
- **Blood thinner:** If an anticoagulant or blood thinner is prescribed, take it exactly as instructed.

Activity and Restrictions

- **Follow all postoperative restrictions given for your procedure.**
- Rehabilitation or physical therapy instructions, when needed, are provided separately. Follow those instructions carefully.
- If you are unsure whether an activity is allowed, use caution and contact the office.

Call the Office for Any Other Concerns

- Increasing redness, swelling, warmth, or drainage from the incision.
- Fever or chills.
- Severe or worsening pain that is not improving as expected.
- New numbness, tingling, color change, or significant swelling.
- Any problem with your bandage, splint, cast, or dressing.
- Any other non-emergent postoperative concern.

CALL 911 OR GO TO THE EMERGENCY ROOM

For any emergent issue. Do not use the office or urgent postoperative text line for an emergency.