



EDWARDS
ORTHOPEDICS

Advanced Orthopedic Surgery, Close to Home.

Dr. Chad Edwards, Orthopedic Surgeon

POSTOPERATIVE INSTRUCTIONS

Minor Procedures

Rehabilitation or physical therapy instructions, when needed, are provided separately.

Incision and Bandage Care

- Your surgical site will be covered with a soft bandage after surgery.
- Keep the bandage clean and dry for the first two days.
- After two days, you may remove the bandage and let water gently run over the incision. Do not soak or submerge the incision until cleared.
- After washing, pat the incision dry and cover it with a Band-Aid for protection.

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 a different anti-inflammatory, take ibuprofen 800 mg three times a day with food.
- **Do not combine NSAIDs.** Do not take ibuprofen together with Celebrex, meloxicam, naproxen, diclofenac, or another NSAID. If you have been told to avoid NSAIDs, do not take ibuprofen unless specifically instructed.
- **Muscle relaxer:** Flexeril (cyclobenzaprine) may occasionally be prescribed for muscle spasm. Take it only as directed. It can cause drowsiness.
- **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

- Unless instructed otherwise, let pain be your guide. There are no specific restrictions for minor procedures.
- Gentle use of the hand or extremity is allowed as tolerated.
- While there is no formal restriction, it is preferred that you use caution and avoid heavy lifting, forceful gripping, repetitive use, pushing, pulling, or strenuous activity while the incision is healing.
- Keep the hand elevated during the first 24-48 hours if swelling is present.

Follow-Up

- A follow-up appointment will be scheduled to monitor your recovery.
- Call the office if you have questions or concerns before your follow-up.

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.
- Persistent or increasing swelling or pain in the fingers or hand.
- New numbness, tingling, or color change in the fingers.

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.