

DR. UPPAL'S DISCHARGE INSTRUCTIONS



DIET

Resume your regular diet slowly.

ACTIVITY

Rest for 24 hours then gradually increase your activity as tolerated.

You may resume driving when you are comfortable and feel safe to do so. **DO NOT** drive while taking ANY pain medications

Elevate operative site above the level of your heart for several days to a week after surgery.

MEDICATIONS

Resume usual medications as before.

Do not drink alcohol or drive while taking pain medications.

Take medication as prescribed on bottle.

You may take Advil or Motrin 1–2 tablets every 4–6 hours if needed to help with pain and swelling.

SPECIAL INSTRUCTIONS

For all:

Icing:

Apply ice to operated area for 15-20 minutes every 2-4 hours for the next two days, then as needed until swelling is gone.

If supplied, use ice machine regularly until swelling improves.

Showering:

Unless instructed otherwise you may shower daily with the incisions uncovered two days after surgery. During the shower use soap and water, dry with a towel and reapply Band-Aids or light dressings. Leave the sutures and steri-strips (butterflies) in place. Keep your dressings clean and dry and do not submerge the incision for at least two weeks or the incisions are completely healed.

For Knee patients:

Unless instructed otherwise, you may begin weightbearing as soon as you feel comfortable.

Use crutches for walking if needed. Crutches are for safety and protection. You may bear weight as much as tolerated.

If in a knee brace, wear at all times except for controlled situations.

For Shoulder patients:

If you are in a 'Shoulder Immobilizer', **DO NOT** remove the arm strap except in controlled situations. It is **VERY IMPORTANT** not to move your arm away from your side. **ALWAYS** keep the immobilizer in place while sleeping.

Use sling while active for support and comfort. It is OK to remove and gently move your arm at your side. **DO NOT** try to force motion or move arm up overhead until instructed to do so. It is often more comfortable to sleep with the sling on.

Try to move your elbow, forearm, wrist, hand, and fingers as much as possible to prevent stiffness and swelling.

FOLLOW - UP

You have a follow-up with Dr. Uppal at the RENO ORTHOPAEDIC CLINIC as per your surgery letter.