

POST-OPERATIVE INSTRUCTIONS

1. The most common cause of pain is swelling, which is best controlled with keeping the operated body part above the heart, and applying ice at 20-minute intervals as needed.
2. Narcotic pain medications (Tylenol with Codeine, Vicodin, Norco, Percocet) contain acetaminophen (Tylenol), which can cause liver problems if taken in excess of 3,000mg per day. Please follow the directions on your medication bottle carefully, and do not take any medications which contain acetaminophen (i.e. Tylenol, Excedrin) while taking narcotic pain medications. To avoid constipation, be sure to drink extra water and increase your fiber. Narcotics taken on an empty stomach can cause stomach upset and/or vomiting, so always take them with food.
3. Combining an NSAID (anti-inflammatory) with your narcotic can provide better pain control than either medication alone, especially if your surgery involved bone. If you take blood thinning medications (Heparin, Warfarin, Coumadin, Plavix), please consult the physician who prescribed the blood thinner before taking an NSAID. NSAIDs can cause heart burn or stomach upset, so always take them with food.

Over-the-counter: Advil, Motrin Ibuprofen: up to 800 mgs every 4-6- hours as needed

Aleve, Naproxen sodium: 220mgs 1-2 tablets twice a day

Prescription: Celebrex, Lodine, Etodolac, Diclofenac, etc: take as directed

4. If you become itchy, develop a rash, or experience nausea and/or vomiting, please stop taking the pain medication and call the office at 510-297-0550 Ext 0. In rare cases of difficulty breathing or airway constriction, call 911 immediately.
5. If therapy has been recommended after your surgery, please schedule this as soon as you are given your therapy prescription to reserve an appointment time which is convenient for you.
6. If you have a splint, ACE bandage, or cast on after surgery, cover it with a plastic bag prior to showering to keep it dry. If it gets slightly damp, try drying it with a hair dryer. If it is too wet

to dry with a hair dryer, please call the office at 510-297-0550 Ext 0 and make an appointment ASAP to have it changed.

7. During your pre-operative visit, you will be notified if and when to remove your splint or ACE bandage. Do not remove a cast yourself. After your splint or ACE bandage has been removed, shower as normal with soap and water on the incision site. Cover your incision site with a band-aid, and change the band-aid immediately if it gets wet. Do not submerge your incision site under standing water (i.e. bath tubs, hot tubs, swimming pools, washing dishes in the sink) until after your post-operative appointment. Do not use lotions or ointments (including antibiotics) on your incision site until after your post-operative appointment.

8. If you have a non-life-threatening emergency (i.e. vomiting, pain not controlled by the maximum does of your medications) when the office is closed, you can reach Dr. Stein by calling 510-297-0550 Ext 7. Please follow the instructions on the out-going message. Please note this number is not to be used when the office is open (Monday-Friday 9:00am-5:00pm), or for questions regarding appointments or work status.