

Patient:

Dr. Plank's Post Operative Orders

1. **Medications:** You have been prescribed pain medications following your surgery. It is important to take the medication as soon as you begin to feel pain. We do not refill pain medications after office hours or on holidays. Please take all medications that you have been given exactly as Dr. Plank prescribed.
2. **Diet/Activity:** You may drink clear liquids immediately following your surgery. Advance your diet as tolerated. Please drink plenty of fluids. Rest on the day of surgery. Do not use the extremity you had surgery on.
3. **Bathing:** You may shower with your surgical dressing in place. It is important not to get it wet. You may use Press-And-Seal (available at any grocery store) to cover the dressing. If you cannot cover the dressing entirely, you should sponge bathe instead of showering. No baths, pools, hot tubs, etc. until cleared by Dr. Plank.
4. **Dressing Care:** Therapy will remove the dressing at your first therapy visit. If your physical therapy facility does not offer dressing care, you need an appointment with LBJI therapy for a one-time dressing change. If there is a clear tape dressing over the incisions this should be left alone until you follow-up with Dr. Plank. We ask you to keep all incisions free of perfumes, lotions, deodorants, etc. You may develop blisters around your incision; this is due to your skin stretching and swelling. Please refrain from popping the blisters. You may cover them with a Band-Aid free of ointments.
5. **Swelling/Bruising:** It is normal to have some swelling and bruising following any surgery. You may use an ice pack or cooling device to help with this. It is recommended you use ice for 20 min at a time every 1-2 hours for the first 2 weeks after surgery.
6. **Surgical Block:** You may have had a nerve block as part of your anesthesia. If so, it is normal for the affected extremity to feel numb and heavy. Please use extra care when around hot and cold surfaces because you may not react as quickly to extreme temperatures due to the block. It can take anywhere from 4-6 hours up to 24-48 hours to regain sensation in your extremity. It is important to begin taking your pain medication as soon as you begin to feel the block wearing off.
7. **Therapy:** If you have been prescribed physical or occupational therapy following your surgery; please understand it is a vital part of your recovery and necessary that you attend. If you have been prescribed therapy, you were given a prescription at the time of surgery. Please take the prescription with you to your first appointment which is generally 2-3 days post op. Please refer to the prescription for special instructions regarding weight bearing, use of crutches or other medical equipment. If you do not have a therapy appointment made please call (219) 921-1401 to schedule.
8. **Sling/Brace:** You may have been given a sling or brace to wear after your surgery. Please be sure to wear this as instructed by Dr. Plank, only removing it for therapy and bathing.
9. **Follow up:** Routine follow-up after surgery is 10-14 days after the procedure. If you do not have an appointment made, please call Dr. Plank's office (219) 250-5017 to do so.

*****If you were given pictures from your surgery please bring them with you to your follow up appointment*****

Signature: _____ Date: _____