

## Dr. Blum's Discharge Instructions: LOWER EXTREMITY



**After Anesthesia:** Rest today, it is not unusual to feel sleepy or tired for a day or so after your surgery. No strenuous activity. You may feel a sore or "scratchy" throat after general anesthesia. This will go away in a day or two. A low-grade fever is common after any surgery with general anesthesia and is rarely due to infection.

Resume all other prescription medications, unless your doctor tells you otherwise.

Resume eating normally. Start with gentle, soft foods; avoid greasy or spicy foods which may cause nausea.



**Dressing and Wound Care:** If your dressing becomes too tight, please call the office. DO NOT apply any ointments or hydrogen peroxide to incision. DO NOT swim/submerge your extremity until your provider says it is okay.

- Keep dressing/bandages clean and dry, **DO NOT** remove until your next appointment.  
Sponge bathe or cover with a plastic bag to shower.
- Okay to remove dressing and shower with soap and water in \_\_\_\_\_ days. Leave steri-strips (small, thin white strips) in place. Pat to dry and apply Band-Aids over incisions.



**Medical Equipment:** Walk with  Crutches  Walker  None  \_\_\_\_\_

*If you received a brace:*

- Keep brace on until your follow up appointment.
- You may remove brace when at rest (sitting or sleeping), reapply brace when up and walking around.
- The brace should be left unlocked / locked.
- \_\_\_\_\_



**Activity:** Your doctor will give you specific instructions on when it is okay for you to resume various movements, activities, work, sports, driving, etc.

- Do NOT put any weight on your post-operative leg.
- Okay to put PARTIAL weight on your post-operative leg.
- Can put FULL weight on your post-operative leg.
- \_\_\_\_\_



**Elevate:** Your leg above heart level as much as possible when resting. Place pillows under calf, foot or ankle, not directly behind the knee.



**Pain:** Don't wait until your pain is severe before taking pain medicine. Follow instructions on the label and use as directed.

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**Itching / Rash:** If you develop MILD itching or rash, take over-the-counter allergy medicine such as Benadryl, Claritin, or Allerest. If you have a SEVERE reaction or have any difficulty breathing, call 911 or immediately go to the nearest emergency facility.



### Call the Doctor's Office if you have any of the following:

- Fever is above 101.5°F and/or chills.
- Nausea or throwing up to where you can't keep food/ liquids/ medication down.
- Unable to pee or "shi-shi" for 24 hours.
- A lot of pain, even with medication.
- A lot of swelling around the surgery site, persistent numbness, dark or pale color in toes.
- Pus type drainage, or excessive bleeding through the dressing.
- Leg/calf pain, swelling, redness or tenderness.



**Dr. Blum's office @ 808-524-2663** Monday-Friday 8am-4:30pm

After office hours call the 24/7 Physicians Exchange hotline @ 808-524-2575



If you need IMMEDIATE ATTENTION (such as difficulty breathing)  
**Call 911 or go to the NEAREST EMERGENCY ROOM**

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If you have additional questions, please call your doctor listed above.



Your follow up appointment is scheduled for:

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As scheduled, if you have not made one yet, please call Dr. Blum's office at 521-8163

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The discharge instructions were explained to me and I have received a copy of these instructions. I understand these instructions are necessary for continuing medical care after I (the patient) leave MIS Hawaii.

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Patient or Authorized Person Signature

Nurse Signature

Date/Time

## Dr. Blum's Discharge Instructions: **UPPER EXTREMITY**



**After Anesthesia:** Rest today, it is not unusual to feel sleepy or tired for a day or so after your surgery. No strenuous activity. You may feel a sore or "scratchy" throat after general anesthesia. This will go away in a day or two. A low-grade fever is common after any surgery with general anesthesia and is rarely due to infection.

Resume all other prescription medications, unless your doctor tells you otherwise.

Resume eating normally. Start with gentle, soft foods; avoid greasy or spicy foods which may cause nausea.



**Dressing and Wound Care:** If your dressing becomes too tight, please call the office. DO NOT apply any ointments or hydrogen peroxide to incision. DO NOT swim/submerge your extremity until your provider says it is okay.

- Keep dressing/bandages clean and dry, **DO NOT** remove until your next appointment. Sponge bathe or cover with a plastic bag to shower.
- Okay to remove dressing and shower with soap and water in \_\_\_\_\_ days. Leave Steri-Strips (small white stickers) in place. Pat to dry and apply Band-Aids over incisions.



**Medical Equipment:**  Sling  None  Other \_\_\_\_\_

- Wear sling until nerve block wears off (usually 12-24 hours).
- Wear sling when up and moving, but okay to remove the sling sitting or sleeping.
- Wear sling at all times until follow up appointment. Remove only to carefully dress and shower.
- \_\_\_\_\_



**Activity:** Your doctor will give you specific instructions on when it is okay for you to resume various movements, activities, work, sports, driving, etc.

- Hand and Wrist: Keep your hand **elevated** at all times, with the hand higher than elbow. This will keep the swelling down and be less painful. If you use a sling, do not allow the hand to hang down for long periods of time below your elbow. You should remove your arm from the sling several times daily to work on moving your elbow and shoulder, unless instructed otherwise.
- Elbow: Keep your elbow **elevated** above the level of your heart as much as possible. You should move your fingers and thumb as much as possible. Remove your arm from the sling several times a day to work on moving your shoulder, unless instructed otherwise.
- Shoulder: Keep your shoulder **elevated**. Do not lay flat to sleep. Keep head/shoulders propped up on pillows, or rest upright in a recliner chair. Maintain your arm in the sling or brace, as indicated above.



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Patient or Authorized Person Signature

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