

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 taking prescription medication, unless your doctor instructs you otherwise. Resume eating normally. Start with gentle, soft foods; avoid greasy or spicy foods which may cause nausea.



Dressing and Wound Care: DO NOT submerge your incision in water, pools, hot tubs, or ocean for a few weeks after surgery. Wait until your wounds are completely healed AND your doctor tells you it is okay. DO NOT apply any ointments or hydrogen peroxide to incision.

- ☐ 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 outer dressing and shower in _____ day(s). Leave small, white steri-strips in place. Clean incision lightly with soap and water and gently pat to dry.



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 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, exercises, sports, driving, etc. Your doctor will advise you on any home strength training exercises to work on, and if/when you should start physical therapy. Keep circulation moving by wiggling toes frequently throughout the day.

- ☐ 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.
- ☐ _____



Pain: Don't wait until your pain is severe before taking pain medicine. Follow instructions on the label and use as directed. You may take over-the-counter pain medicine such as acetaminophen (Tylenol), ibuprofen (Motrin or Advil) or naproxen (Aleve) IN ADDITION to prescription pain meds.



DO NOT drink alcohol or use marijuana when taking prescribed opioid pain medications.
DO NOT drive until you are OFF prescription opioid pain medications.



Nausea / Constipation: Anesthesia and pain medications can cause nausea and/or constipation. Take prescription pain medicine with food to reduce nausea. You may be given a prescription for Ondansetron (Zofran) to take for nausea, if needed. If you develop constipation, try to discontinue opioid prescription medications (Tramadol, Oxycodone, Percocet, etc.) as able and take over the counter stool softeners (Senna, Dulcolax, Miralax, etc.) with plenty of fluids and high fiber foods.

Discharge Instructions: LOWER EXTREMITY



Ice: Can help reduce pain and swelling. Apply a light towel over your incisions to keep the area dry and avoid skin burns. Apply ice for 15-20 minutes at a time every 2 hours while awake.



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



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.



Straub Ortho Clinic Surgeons 808-522-4232 After Hours 808-522-4000		Island Orthopaedic Surgeons 808-548-7033 After hours 808-524-2575	MIS Affiliated Ortho Surgeons After hours 808-524-2575
<input type="checkbox"/> Crawford	<input type="checkbox"/> Varcadipane	<input type="checkbox"/> Garber	<input type="checkbox"/> Blum 808-524-2663
<input type="checkbox"/> C. Lee	<input type="checkbox"/> Weldon	<input type="checkbox"/> Kaneshige	<input type="checkbox"/> Kan 808-521-8123
<input type="checkbox"/> Nakasone	<input type="checkbox"/> You	<input type="checkbox"/> L. Lee	<input type="checkbox"/> Singer 808-521-8109
		<input type="checkbox"/> Min	
		<input type="checkbox"/> Van Der Reis	



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

Follow Up: A nurse from MIS Hawaii will be giving you a post-operative follow-up call within a few days. If you have additional questions, please call your doctor listed above.



Your follow up appointment is scheduled for:

As scheduled, if you have not made one, please call the phone number above for your provider



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.

Patient or Authorized Person Signature

Nurse Signature

Date/Time

Discharge Instructions: JOINT MANIPULATION



After Anesthesia: Rest today, it is not unusual to feel sleepy or tired for a day or so after your procedure. No strenuous activity. Resume taking prescription medication, unless your doctor instructs you otherwise. Resume eating normally. Start with gentle, soft foods; avoid greasy or spicy foods which may cause nausea.



Medical Equipment: ☐ Sling ☐ Crutches ☐ None
☐ Wear sling until numbness (nerve block) wears off (usually 12-24 hours).
☐ Use crutches when up and walking until numbness wears off.



Elevation: Elevation helps reduce swelling and pain.
☐ Keep your shoulder elevated. Do not lay flat to sleep. Keep head/shoulders propped up on pillows, or rest upright in a recliner chair.
☐ Keep your leg elevated when resting. Place pillows under foot or ankle, not directly behind the knee.



Activity: Your surgeon will give you specific instructions on when it is okay for you to resume various movements, activities, work, sports, driving, exc. Your doctor will advise you on any home strength training exercises to work on, and if/when you should start physical therapy.



Stretch: After the block wears off, you may apply a WARM HEAT pack to your joint for 5 minutes then STRETCH your joint slow and firm in each direction as far as it can go with moderate pain and hold for 5 seconds. Repeat the stretch 5 times every hour while awake.



Ice: Using ice can help pain, but also makes joints feel stiff. If you choose to use ice for pain, use immediately AFTER stretching and NOT before stretching. Apply a light towel over your joint and apply ice for 15-20 minutes at a time every 2 hours while awake.



Pain: Don't wait until your pain is severe before taking pain medicine. Follow instructions on the label and use as directed. You may take over-the-counter pain medicine such as acetaminophen (Tylenol), ibuprofen (Motrin or Advil) or naproxen (Aleve) IN ADDITION to prescription pain medication.



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DO NOT drive until you are OFF prescription opioid pain medications.



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- 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, persistent numbness, dark or pale color in color in fingers/toes.
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Discharge Instructions: **UPPER EXTREMITY**



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- ☐ 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 outer dressing and shower in _____ day(s). Leave small white steri-strips in place. Clean incision lightly with soap and water and gently pat to dry.



Medical Equipment: ☐ Sling ☐ UltraSling (large brace with pillow attached) ☐ None

- ☐ 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.
- ☐ _____



Activity: Your doctor will give you specific instructions on when it is okay for you to resume various movements, activities, work, sports, driving, exc. Your doctor will advise you on any home strength training exercises to work on, and if/when you should start physical therapy. Keep circulation moving by wiggling fingers frequently throughout the day.

- ☐ Keep your shoulder elevated. Do not lay flat to sleep. Keep head/shoulders propped up on pillows, or rest upright in a recliner chair.
- ☐ Keep your hand/arm elevated, above heart level.



Pain: Don't wait until your pain is severe before taking pain medicine. Follow instructions on the label and use as directed. You may take over-the-counter pain medicine such as acetaminophen (Tylenol), ibuprofen (Motrin or Advil) or naproxen (Aleve) IN ADDITION to prescription pain medication.



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