

# Operation Information

Mark D. Scholl, MD

## General Information

Your surgery is scheduled for: \_\_\_\_\_.  
(date)

Your procedure will be performed at \_\_\_\_\_.  
(hospital)

You will receive a call the day before your scheduled surgery date to give you the estimated time of surgery and the time you should arrive at the facility. You must have someone with you to drive you home and stay with you through the first night.

**DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE NIGHT BEFORE SURGERY.** This includes water, coffee, gum, mints, lifesavers, etc.

You will be given instructions about any post-operative activity restrictions along with your discharge information after surgery. Even if you do not have specific restrictions (instructions will indicate to advance “as tolerated”) it is important to use common sense and avoid activities that produce pain or swelling.

## Icing

Using ice packs can be a helpful way to reduce pain and swelling after surgery. Ice continuously for 20-30 minutes then remove the ice for 20-30 minutes. Repeat this cycle 5-6 times per day. Do not place the ice pack directly on your skin. Use a pillowcase, towel, etc. as a barrier between the ice pack and your skin.

## Elevation/Activity

All procedures require that you rest periodically several times throughout the day following your surgery. For lower extremity procedures, proper elevation involves lying flat with your head down and the extremity raised above the level of your heart. Upper extremity procedures may be more comfortable, if you choose to rest/sleep in a semi-reclined position. All procedures require you to get up and move (with crutches, if required) for short periods of time every 1-2 hours throughout the day and evening.

## Wound Care/Bathing

You may remove the dressings from your wound on the third post-operative day unless otherwise instructed. Leave the white steri-strips in place if they have been applied. If the wounds are dry (no drainage or seeping), you may take a brief shower, allowing water to run over wounds. Do not scrub the wounds. Pat the area dry. Do not soak the wounds in a pool or tub until clearance is given from Dr. Scholl. Keep a light, clean dressing over the wounds until your first follow-up visit.

## Medications

Stop taking ALL medications containing aspirin and anti-inflammatories (Ibuprofen, etc.) five days prior to surgery.

After surgery, you will be given prescription medications for pain. You may also receive additional medications depending on the type of surgery and your medical conditions. Only take medications as instructed. If your prescription is not treating your pain adequately, or your medication supply is running low, please contact Dr. Scholl's office. **PRESCRIPTION REFILLS ARE NOT GIVEN AFTER HOURS OR ON WEEKENDS.**

## **Physical Therapy**

If you will have physical therapy prescribed in the first week post-operatively, please schedule your first post-operative visit with your physical therapist 1-3 days following your surgery. You should schedule this appointment before the day of your surgery.

## **Follow-up Appointments**

Your first follow-up with Dr. Scholl should be 6-10 days after surgery (unless instructed otherwise). Please schedule this appointment before your surgery.

Keep a positive attitude! Picture realistic short-term and long-term improvement goals and with steady work and good outlook, you will achieve them.



**801-424-5042**

**4888 S. Highland Drive  
Salt Lake City, UT 84117**

**EnduranceOrtho.com**

**9350 S. 150 E., Suite 460  
Sandy, UT 84070**