

Post Operative Instructions

Mark D. Scholl, MD

Follow-up

- Please all Dr. Scholl's office for a follow-up appointment in 6-10 days.

Medications

- You have been given a prescription for pain medication. Please take only as directed.
- You have been given other prescriptions. Please take only as directed.

Dressings/Wound Care

- You may remove your dressings 3 days after surgery. Leave steri-strips in place.
- You may take a brief shower after removing dressings, then pat the operative area dry with a towel. The steri-strips should remain on through a shower. Do not scrub the operative area. Do not soak the wounds in water (tub, pool, etc.) until given clearance by Dr. Scholl.
- Do not remove your dressings prior to your first follow-up visit. Keep dressings clean and dry.

Physical Therapy

- You have been given a prescription to begin physical therapy, please call and begin therapy:
 - Within the next 3 days.
 - Within the next week.
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(If no prescription is given for therapy, you still may be asked to participate in therapy, but not until after your first follow-up visit.)

Crutches (Knee and Lower Extremity Patients)

- Crutch use for comfort only.
This means you do not have restrictions on your weight bearing. Crutches are provided because you may require some assistance with walking. On average, people use crutches for comfort only for 3-5 days after surgery. Use the crutches longer if you need. With this instruction, the rule-of-thumb is "listen to your operated extremity" which means if it hurts, keep using the crutches and don't "push through pain."
- Crutches, Touch-down-weight-bearing.
This means you may gently rest the weight of your leg on the ground while walking with your crutches, but you are not to transfer your body weight to that side for walking. You may use a normal right leg-left leg-right leg gait, but place both crutches on the ground with your injured side and the crutches should bear most of the weight.
- Crutches, Non-weight bearing.
This means you are not to put any weight on your operated side. Foot off the ground.

Sling/Immobilizer(Shoulder and Upper Extremity Patients)

- Sling for Comfort Only
This means you may come out of the sling as comfort allows. No formal restrictions on sling use.
- Sling for comfort only, night use.
This means you may come out of the sling as your comfort allows, but you are the sling at night when you go to bed to protect yourself from inadvertently pulling sheets or awkward positions while asleep.
- Sling/Immobilizer at all times
This means that you should use the sling or immobilizer full-time. You may come out of the sling for hygiene and therapy only. You may be given home instructions for range-of-motion, in which case you may come out of the sling for your home therapy sessions as well. When out of the sling for hygiene, do not lift the arm. Only allow the arm to move by gravity as you lean over.

Splint/Boot/Cast

- You should leave this on and in place until your follow-up visit. Keep dry.
- You may remove for wound care as above.



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