



Sports Medicine

University of Colorado

Jonathan T. Bravman, M.D.

General Post-Op instructions

MEDICATIONS: You will be given three prescription medications. One is a Narcotic to reduce pain, one is to control inflammation, and the last is an anti-nausea medication. The pain medication is a codeine derivative and should be taken only if necessary. The anti-inflammatory medication should be taken for all five days unless you experience side effects such as stomach pains or heartburn.

DRESSING: After 48 hours you may remove your dressing. There should be Steri-Strips (yellow rectangle pieces of tape) over your incisions. Please leave them on until your post op visit. Do not apply anything to incision. During your 7-14 day post-op visit, your sutures will be removed and new steri-strips will be placed over the incisions. Allow these new steri-strips to peel off over time. However, if you are placed in a splint after surgery, **DO NOT REMOVE**. This will stay on until you are seen at your post-op visit. Keep splint dry.

SHOWERING: You may shower 48 hours after your surgery and get your incisions wet. However, do **NOT** immerse in a tub or pool for to avoid excessive scarring and risk of infection.

CRYOCUFF: Keep cold therapy cuff on at all times for the first 24 hours after surgery. Refill with cold water every hour while awake. Icing is very important to decrease swelling and pain, and improve mobility. After 24 hours, continue to use the cuff 3-4 times a day, 15-20 minutes each time, to keep swelling to a minimum. It is very important that you keep a layer in between the ice and your skin. **DO NOT** apply ice directly to skin.

WEIGHT BEARING: There are instructions in your black folder that detail your weight bearing/crutches/sling restrictions. If you are unsure of these restrictions, please call your physician to get the exact information.

ACTIVITIES: Rest and elevate your leg or shoulder for the first 24 hours. Do **NOT** place a pillow under your knee. Elevate your leg with a pillow under your calf and ankle. Keep arm in sling as directed by your doctor.

**** If you experience severe pain that is not relieved by the pain medication, please let us know.*

If you experience a temperature over 101.5°, redness or swelling in your thigh or calf, please contact our office immediately at 720-848-1900 or if after-hours, call the University Hospital operator at 720-848-0000 and ask for the Orthopaedic Surgeon on-call.