

POST OPERATIVE - HOME INSTRUCTIONS

You will be sent home with a sling and a bulky dressing. You will also be given a handwritten prescription for pain medications. Take the medication as directed particularly in the first few days after surgery.

You may apply ice to the area 2 times daily for the first week after surgery. Apply ice for 20-30 minutes. Wait 1 hour before applying ice again. Be sure there is something between your skin and the ice pack.

WOUND CARE

- Remove your dressing on _____.**
Okay to shower and wash incision area with soap and water at that time. Leave the Steri-Strips in place. No baths, pools, or Jacuzzis for 2 weeks.
- Keep dressing dry and in place until your follow-up visit.**

ACTIVITY:

- No formal physical therapy indicated now. You will be advised about physical therapy at your first postoperative appointment.**
- You will receive a prescription to start physical therapy.**

FOLLOW UP:

You have already been scheduled for a postoperative visit in our office.

If you have any questions regarding your follow-up appointment, or have concerns, and it is during business hours please call 650-723-5256.

If you have an urgent issue after hours, or on the weekend, please call 650-723-4000 and ask for Clinical Advice Services.