

Moore Orthopedic Clinic Outpatient Surgery Center

**General Post-Operative Instructions**

**Dr. Frank K Noojin, III**

**803-296-9320 or 803-296-9200 (afterhours)**

**Pain/Swelling:** Elevate the operative extremity above the heart and apply ice to the operative site 4-5 times a day for 20-30 minutes each time for the next 3 days. This will help with pain and swelling.

**Surgical Dressing:** Keep dressing clean and dry. You may remove the dressing after 48 hours and shower. Apply band-aids over the incisions and change daily after you shower. It is not necessary to use ointments or creams on the incision sites. Do not take tub baths or swim until incisions are healed (approximately 2 weeks after surgery).

**Activity:** Unless otherwise directed, weight bearing is as tolerated with crutches.

**Notify MD for:** It is common to experience an increase in temperature after surgery for a few days. Call our office for persistent temperature greater than 101.5° F, unexpected redness, extreme swelling, or uncontrolled pain. For pain medicines, please try to call early in the day or before the weekend. After these hours, pain medication cannot be changed or refilled.

Patient Representative \_\_\_\_\_ Date \_\_\_\_\_

Nurse Signature \_\_\_\_\_ Date \_\_\_\_\_

