



Town Center ORTHOPAEDICS

Same day post op instructions:

You will be taking scheduled Tylenol 1000 mg every 8 hours for the first 5 days, after which you can just take Tylenol as needed. Do not take more than 4000mg of total Tylenol from all sources in a 24-hour period.

You will be taking scheduled Ibuprofen 600 mg every 6 hours for the first 3 days, after which you will discontinue use.

If you are sleeping at night, you do not need to wake up to take your scheduled dose. It is ok to resume taking the next morning when you wake.

Reserve the Oxycodone for severe pain/break-through pain.

Elevate operative extremity above heart 23 hours a day to assist in edema and pain control

Keep your dressing clean, dry, and intact. If dressing gets wet or dirty, please call our clinic.

Apply ice behind the knee for no more than 20 minutes per hour as needed to assist in pain control.

No driving motorized vehicles while on narcotic pain medications

Over-the-counter stool softeners are recommended when you are taking narcotics.

Call if you have fever >101.5 DegF, discharge from the wound, increased pain, or any other concerning symptoms

Refer to Discharge instructions for post-operative weightbearing status.

If there are any concerns, please do not hesitate to contact the office or Dr. Messerly in the post-operative setting.

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Town Center Orthopaedics
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