



Texas Orthopedics,
Sports & Rehabilitation Associates
www.txortho.com

General: Post Op Instructions

After surgery you'll have several instructions. These instructions will be given to you in the office before surgery and reinforced by the nurse after surgery in the recovery area.

Post operative appointment: Make sure you remember the date/time of this appointment and if you don't have one scheduled, you should do this right away. Call 512-439-1001 to schedule an appointment. Your incision will be checked and your stitches be removed. We'll also review what I found in surgery and evaluate your progress. If there are any non-urgent questions you think of during the several days after your surgery, write them down and ask them at this time.

Prescriptions: These should have been given to you or called in to your pharmacy at the time of your pre-op visit. Make sure you have picked these up before surgery so you don't have to wait to get them after you've had your surgery.

I usually prescribe a narcotic pain pill, but some patients have problems with nausea after surgery. If you are one of these, please be sure to ask us to give you a prescription for an anti-emetic so you don't get caught without them.

If you are having surgery on any part of your leg, I will sometimes prescribe one baby aspirin a day for 3 months after surgery to prevent blood clots or deep venous thrombosis (DVT). Please refer to your post op orders to see if I have prescribed this.

Exercise: I will give you specific instructions regarding your rehabilitation or home exercise program depending on your surgery.

Activity: After surgery it is important to rest. Until I see you back in the office for your first post op visit, I would like for you to take it easy. Don't go shopping, don't choose this time to clean house or mow the lawn or do a lot of travelling. Really, it's amazing how many people do this.

Icing: Please see my specific instructions on icing.

Dressing Changes: Please see my specific instructions for dressing changes.

Returning to Work: Please see those specific instructions too.

Austin: Northwest
439-1000

Austin: Central
439-1002

Cedar Park
439-1009

Round Rock
439-1004

Westlake
439-1005

Marble Falls
877-966-7846