

## GENERAL LOWER EXTREMITY Post-Operative Instructions

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### **FOLLOW-UP**

- Please call the office to schedule a follow-up appointment with Dr. Abbasi for your suture removal 7-10 days post-operatively.
- During your first post-operative visit, Dr. Abbasi will go over your surgery and outline your specific rehabilitation.

### **OPERATIVE SITE**

- KEEP THE DRESSING CLEAN, DRY, AND INTACT UNTIL YOUR FOLLOW-UP APPOINTMENT.
- If you develop a fever (101.5 °), redness or excessive drainage from the surgical incision site, please call our office to arrange for an evaluation.

### **MEDICATIONS**

- Enclosed are the following prescriptions for you to use post-operatively:
  - Percocet, a strong narcotic, is to be used only on an “as needed” basis for pain in addition to anti-inflammatories.
- Take an over-the-counter 81mg baby aspirin once daily, for two weeks following surgery. This helps decrease the risk of developing blood clots.
- If you have any adverse effects with the medications, please call our office.

### **EXERCISES**

- You may ambulate using your crutches.
- Dr. Abbasi will specify your weightbearing instructions on your operative leg.
- Keep your leg elevated to decrease swelling after surgery.