



Discharge Instructions

DIET

- Begin with clear liquids and light foods (Jello, soups, etc.)
- Progress to your normal diet if you are not nauseated

MEDICATION

- Patient with lower extremity surgery will be given a prescription for aspirin for 21 days following the surgery to help reduce the risk of blood clots.
- Take your pain medication as directed.
- Begin to wean yourself off of the pain medication as soon as possible.
- Do NOT drive or operate any machinery while taking medications.
- When taking Norco or Percocet, do not take any additional Tylenol or other Acetaminophen containing products.
- Patients may experience side effects from their pain medication including nausea, drowsiness, and constipation. Patients may be prescribed Colace to help with constipation and/or Zofran to help with nausea.

WOUND CARE/SWELLING

- Maintain your post-operative bandages for 48 hours following the surgery in order to protect the incision site.
- Some bleeding and/or swelling during this time is normal. Apply additional dressings to the incision site if needed after 24 hours. If bandages become too tight due to swelling, simply loosen the bandage to decrease discomfort.
- Begin icing immediately after surgery and use the ice machine every 2 hours to help decrease swelling and inflammation.
- Patients with lower extremity surgery patients can wear TEDS stockings (compression stockings) on both legs until their first post-operative visit.
- Steri strips should be kept on the incision site until your first post-op appointment.
- In order to decrease risk of infection, keep the incision site clean and dry. Patients may shower after 48 hours but should try to keep the incisions dry if possible. Patients may remove their brace in the shower.
- Incision sites should not be immersed in water (such as a pool, lake, or bath tub) until after your first post-op visit.
- For any additional questions, please contact Dr. Lee's office.

ACTIVITY

- Patients with lower extremity surgery should elevate the leg to chest height to help reduce swelling.
- Refer to your surgery protocol to determine your weight-bearing status.
- Do not participate in any activities or movements that increase pain or discomfort until you review with Dr. Lee at your first post-op visit.
- For any additional questions, please contact Dr. Lee's office.
- Please visit this website for rehabilitation protocols based on your procedure:

<https://alanleemd.com/protocols/>

FOLLOW-UP/QUESTIONS

- If you do not already have a post-operative appointment scheduled, please contact the office during normal office hours and ask for appointment scheduling at 626-574-2710.
- For any other questions or concerns, please contact Dr. Lee's office at 626-574-2710.

****EMERGENCIES****

Contact Dr. Lee at the office (626-574-2710) or by cell (626-888-3818) if any of the following are present:

- Painful swelling or numbness
- Unrelenting pain
- Fever (note – it is normal to have a low-grade fever (101° and under) for the first day or two following surgery) or chills
- Redness around incisions
- Color change in hand or foot
- Continuous drainage or bleeding from incision (a small amount of drainage is expected)
- Difficulty breathing
- Excessive nausea/vomiting

Proceed to the nearest emergency room if you have an emergency that requires immediate attention.