



Tuality Orthopedic, Sports, Spine & Rehabilitation Center

A member of the Tuality Healthcare family.

Dr. Jakub Langer's Postoperative Instructions

- You may experience an increase in pain after the local numbing medication placed around your incision wears off in about 6-8 hours after surgery. This is normal. You may consider taking a dose of your oral pain medicine 4-5 hours after surgery to minimize the pain during this transition.
- The key to sustained pain relief is constant elevation of the operated extremity above your heart, especially at night.
- You may place padded ice packs to the operated area for pain relief unless otherwise instructed. Remember to keep the dressing dry.
- It is okay to freely move all the portions of your body that are not splinted, unless otherwise instructed. Please frequently wiggle your fingers and thumb, and move your elbow (unless splinted). This will help with post-operative swelling and help prevent stiffness.
- If you experience nausea, or vomiting, try backing off on your pain medication. Take only one pill instead of two, or take it less frequently.
- Consider taking a stool softener (you can get one over the counter) with your pain medicine. Pain medicine can make you constipated.
- It is normal to have a low-grade fever in the first 1-2 days after surgery.
- Call the Doctor or office, or come to the ER if you have excessive pain not relieved with pain medication, new or worsening numbness, or if you have excessive swelling and loosening the bandage does not help.
- Call the Doctor or office if you have a fever more than 2 days after surgery.
- Observe your IV site for the first 48 hours following your surgery. If redness or swelling occurs, cool or warm packs on the site will usually clear it up. If it persists or worsens, call your physician.
- Do not drive a car or operate machinery, including kitchen appliances for 24 hours following your surgery or until fully awake, or if on narcotics.
- Do not make any important legal decisions or sign any important papers for 24 hours following your surgery or if on narcotics.

The staff at Tuality Community Hospital hope your stay was as pleasant and comfortable as possible. Please do not hesitate to call us with questions you have about this stay or any future need you may have for our services.

Tuality Community Hospital: 503-681-1111 Dr. Langer's Office number: 503-844-8219