

POST OPERATIVE INSTRUCTIONS Dr. GLEN McCLUNG

1. Sponge bathe until your dressing change appointment 2 days after surgery. Once your dressing has been changed you may shower as long as your incision sites are covered with waterproof bandaids. Remove and replace your waterproof bandaids daily after bathing.
2. Do not put any ointment or peroxide on the incision sites. Normal drainage appears bloody or like water, if there is any abnormal drainage from the incision site please let us know.
3. Do not submerge in a bathtub, hot tub or pool for 4 weeks post operatively
4. Wear your sling or brace at all times as it was put on in the operating room unless you were instructed otherwise by Dr. McClung.
5. Only take medication as prescribed by Dr. McClung. Do not take it more often than prescribed. If your pain is not controlled please call our office, do not take any additional Tylenol. If you need a refill on your medication, call the office. Please understand that it may take up to 24 hours after your call for your medication to be refilled.
6. Ice the operative site for 20 minutes at a time with a traditional ice bag or for one hour with the ice machine. Do not place the ice bag or ice machine directly on the skin, place a towel between the ice bag and your skin. Icing the operative site regularly will decrease swelling and pain to the area.
7. You will go home from surgery with stockings on your legs to prevent blood clots. These may be removed once you are getting up and walking around or getting around on your crutches regularly.

Thank you for choosing Beacon Orthopaedics and Sports Medicine and Dr. McClung for the care of your orthopaedic injuries. We look forward to serving you and getting you back to a painfree lifestyle!!