



ORTHOPAEDIC ASSOCIATES
of Wisconsin
There is a Difference.

Dr. Rick Papandrea
Shoulder and Elbow Orthopedic Surgery

LOCAL ANESTHESIA POST OPERATIVE INSTRUCTIONS

ACTIVITY

Please limit use of operative hand while the hand is still numb from the numbing medication. While your hand is numb following surgery, please be cautious around anything hot or sharp as you will not know if you cut or burn yourself. The numbing medication typically lasts 6-8 hours but can last up to 24 hours depending on metabolism of the medication.

RANGE OF MOTION

Please refer to your discharge instructions regarding range of motion following surgery.

WEIGHT RESTRICTION

Please refer to your discharge instructions regarding weight restriction following surgery.

DIET

Progress to a regular diet as you become hungry and when any hint of nausea has passed.

PAIN / SWELLING

Take your non-prescription AND prescription pain medication as prescribed.

If prescribed, Take your Toradol (Ketoralac) - 10mg

- One pill 3x/day for 3 days
- Please do not take NSAIDs (ibuprofen, Motrin, Aleve, Advil) while taking Toradol

Please refer to the post op instructions provided following surgery to determine if you may take NSAIDs (Ibuprofen, Advil, Aleve, Naproxen, etc)

Take Tylenol/APAP/Acetaminophen unless otherwise instructed by Dr. Papandrea.

- 1000mg three times a day
- No more than 3000mg a day
- Keep taking, until you no longer need ANY pain medicine

Take your "strong" (narcotic) pain medicine, only AS NEEDED and prescribed and prescribed.

You may be more comfortable sleeping in a sitting or semi-reclining position.

You may apply ice to the area of surgery to help with post operative pain and swelling.

- Do not apply the ice directly to the skin, or directly on a tegaderm (clear dressing) bandage.
- Ice for 20 minutes then off for 20 minutes

DRESSINGS / SHOWER

If you have a soft bulky bandage, this typically can be removed post op day 2. Please refer to your discharge instruction for specific instructions regarding when your bandage may be removed. The soft bulky bandage can NOT get wet. After the original surgical bandage has been removed, you may shower gently and pat the incision/s dry. If there is a tegaderm (clear dressing) on the incision, please leave it on until your surgeon removes it. You can shower over the tegaderm, it is waterproof.

If you have a Tegaderm dressing (clear dressing), please leave the Tegaderm dressing intact until removed by Dr. Papandrea or Ryan at your first post op visit. You may shower over the Tegaderm. Let the soap and water run over the dressing. Pat dry following the showering. Please do not scrub over the Tegaderm.

NOTIFY YOUR DOCTOR IF ANY OF THE FOLLOWING OCCUR or ANY QUESTIONS REGARDING YOUR SURGERY:

- Redness, extreme tenderness or warmth of surgical incision
- Temperature over 101.5 F
- Heavy bleeding that soaks through your bandage.
- SEVERE pain not relieved by pain medication, elevation and ice.
- Loss of warmth, color, feeling or movement of the fingers on the operative arm.
- If unable to urinate when you feel the urge

Please call Orthopaedic Associates of Wisconsin 262-303-5055 with any questions or concerns.