



814-942-1166

DR. KANSKY'S IMPORTANT REMINDERS REGARDING YOUR SURGERY

Dressing/Splint Instructions:

- Please leave your surgical dressing or splint in place until your first post-op appointment.
- You can remove your dressing ___ days following surgery and clean, dry gauze or band-aids can be applied over your incisions. If there are steri-strips over your incisions, these can be left in place. It is important to keep your incisions dry/covered until your first post-op appointment.

Medication:

Several prescriptions have been sent into your pharmacy and can be picked up on the day of your surgery. You will be provided with anti-nausea medication, medication to prevent and treat constipation, and something for pain control. Take pain medication as prescribed and as needed for pain. When you are no longer having significant pain, stop taking this medication and continue taking Tylenol as needed. You will also be given a prescription for 81 mg aspirin that is to be taken once a day for 4 weeks after surgery. Aspirin is used to help prevent blood clots.

For certain injuries, you should avoid taking NSAID type medicines (ibuprofen, Advil, Motrin, Aleve, etc.) as these medications may limit tissue healing.

- You may take NSAIDs
- You should avoid taking NSAIDs

Weight bearing/activity:

- You may bear weight as tolerate on the operative extremity
- You may place ____ % of your weight on the operative extremity
- Do not bear weight on the operative extremity

Driving:

You should never operate a vehicle while taking pain medication. You should not drive while you are in a splint or brace that inhibits your ability to safely and properly operate a vehicle.

Physical Therapy:

Therapy is prescribed for certain injuries and is not needed for others. If you do need therapy, this will be discussed at your first post-op visit.

Other Information:

Even though you have been provided pain medication and may have had a nerve block, you may still experience discomfort. Regularly ice and elevate the affected area throughout the day to help alleviate pain and swelling in addition to using your pain medication.

During your first post-op appointment, we will go over your surgical findings. We will also remove your sutures.

Do not hesitate to call the office if you have any questions or concerns.

If you experience weakness, dizziness, shortness of breath, calf, chest, rib, or back pain, numbness or tingling, excessive bleeding, excessive pain that is not controlled by your pain medicine, please contact us immediately.

Additional instructions:
