



## POST OP INSTRUCTIONS:

1. No anti-inflammatory medications for 6 weeks after surgery/fracture such as Advil, Ibuprofen, Aleve, Naproxen and meloxicam. They can interfere with the healing of the bone. Please check with our nursing staff before starting any anti-inflammatory medications.
2. Narcotics are constipating. We recommend being on a stool softener such as Docusate Sodium (any over the counter stool softener) while you are on narcotics. If you do not have a bowel movement for 3 days, use an over the counter laxative such as Miralax, per bottle instructions. **HYDRATE!**
3. Leave your surgical dressing on until your first post-op appointment (unless instructed otherwise). The medical staff will remove it at that time as well as your sutures or staples, depending on wound healing. If your bandage becomes soiled, you can change it. If you notice a foul odor or excessive drainage from your incision, call the office!
4. After sutures/staples are removed, your incision may get wet in the shower 24-48 hours later, but do not soak in a bathtub or hot tub for 4 weeks after surgery OR if your incision is not yet healed. Do NOT apply any creams or antibiotic ointments to your incision. Ice (not directly on the skin): 20 minutes on 20 minutes off if tolerated.
5. Elevation of your injured extremity will decrease pain and swelling. Elevate the extremity on 2-3 pillows above the level of your heart. (Foot higher than knee, knee higher than hip. Hand higher than elbow, elbow higher than shoulder.)
6. You can take over the counter Vitamin D3 10,000 units daily and Calcium 2,000mg daily to promote bone healing.
7. Take 81mg aspirin 2x a day for 6 weeks (unless instructed otherwise.)
8. Generally we will see you in the office at 2 weeks, 6 weeks, and 3 months. *Sometimes* follow-up visits are needed at 6 months and 1 year after surgery.
9. Avoid all forms of nicotine (cigarettes, chewing tobacco, Nicorette gum, vapes and nicotine patches). Nicotine decreases your ability to heal.
10. Report to the emergency room if you have a temperature of 100.4 degrees or higher, along with excess swelling, redness, surgical area warm to touch and shortness of breath.

**WARNING: DO NOT drive or operate mechanical equipment while taking pain medications.  
A responsible adult should remain with the patient throughout the day following general anesthesia.**

**OFFICE HOURS M-TH 8:00-4:30 & FRIDAY 8:00-12:00 WITH PHONES OPEN UNTIL 3:00 PM  
4902 W STATE STREET, BOISE ID 83703 208-579-7200**