

ADAM ANZ, MD
POST-OP INFORMATION
UPPER EXTREMITY



Patient Name: _____ **Surgery Date:** _____
Procedure: _____

Your first post-operative appointment will be _____ at 7:30 at the Andrews Institute Physical Therapy Center. You will also have your first physical therapy appointment at this time.

Any questions can be addressed to Ashley, Patient Coordinator for Dr. Anz at 850-602-7741.

Post Op Information:

Following surgery the surgical area needs to stay clean and dry. We do not want you to touch the incisions or put any lotion, ointments, water, etc. on the skin over the next two weeks.

The steri-strips placed over the incisions during surgery were done in a sterile field; they are the best defense against infection during the post op period. They are meant to keep the area under the steri-strip sterile and provide a protective barrier and will stay over the incisions for the next two weeks.

At your two week post-operative appointment we will remove your steri-strips for you. If for some reason the steri-strips come off prior to your appointment you can ask your therapist to place new ones on.

Sutures:

- Your sutures are subcutaneous and dissolvable. This means you will not see the sutures and they will disappear over time. **No suture removal is required.**
- Running sutures were used to close your incision. The ends will be clipped 2 weeks following surgery.

Dressing change:

We would like for you to change your dressing one time a day for the next 2 weeks. Instructions for how to perform the dressing change will be explained during your first post op appointment.

While performing the dressing change we recommend the patient: check incisions for any excessive draining or pussing, observe skin around incisions for red streaking, and check for any excessive swelling as these are all signs of infection. Your physical therapist can work with you to determine what is normal post-surgery and what is abnormal.

Ted Hose:

We ask that all patients wear the ted hose given to you after surgery at all times with the exception of showering for the two weeks following surgery. Wearing of the ted hose can help prevent formation of a blood clot. Symptoms of a blood clot are tenderness in the calf that won't go away. If you experience this please do not rub or massage the area but let someone know immediately.

Ankle pumps: Doing ankle pumps on both legs can also reduce a chance of developing a blood clot. It is recommended that the patients do 3*15 sets of ankle pumps three times a day.

Elevation: Please elevate your extremity as often as possible. Elevation greatly reduces the amount of swelling which reduces pain and increases the amount of motion the joint can move through.

Ice: We ask that the patient ice 5-6 times a day for 20-30 minutes at a time. This can be done using a variety of methods including but not limited to: ice bags, bag of frozen peas, frozen gel packs, game ready, and other cooling units.

Bathing: We do not want the area getting wet over the next two weeks. Please place waterproof bandages over the incisions for showering. Please note: make sure the bandages are large enough to cover the incisions as well as any steri-strips that may be present.

Swimming: Most patients begin swimming four weeks after surgery as long as all incisions are well healed. However, healing times vary depending on person and procedure performed. Please wait for clearance from Dr. Anz prior to swimming, getting in a pool/hot tub, or taking a bath.

Brace/sling:

You were given a _____ sling _____ following surgery. The sling will be worn at *all times/ activities only* for the next _____ weeks/months.

Please do NOT adjust the settings on your brace without permission from Dr. Anz and do not discontinue use of the sling unless given verbal confirmation by Dr. Anz.

ROM:

- No range of motion restrictions
- Flexion _____ Extension _____ Abduction: _____ Adduction: _____ IR _____ ER _____
 - Passive only
 - Active
 - Active assisted

Driving:

- No driving until you are off of all pain medications
- No driving for 6 weeks following surgery due to limited motion and sling use.

Medications:

You were given the following medications: _____

Please remember that if you are taking pain medication: No driving or operating heavy machinery while taking the medications, no mixing the medications with alcohol, and no taking any additional Tylenol (because the pain medications contain Tylenol).

Post-Operative visits:

Generally we like to see our post-op patients at the 2 week, 6 week, 3 month, and 6 month time frames. To schedule your appointments please contact Chiquita at (850) 916-8680.

Your two week follow-up appointment is scheduled for: _____

Post-Operative X-rays

- You will need post-operative x-rays at _____ weeks/months.
- You should not need any post-operative x-rays.

Call our office (850) 916-8463 AND present to an urgent care office/emergency room IMMEDIATELY if any of the following occur:

- Fever, chills, or sweats
- Redness and warmth around the incision, non-clear drainage from the incision, or increased pain in or around the incision.
- Calf swelling, redness, pain or warmth
- Chest pain, difficulty of breathing, or cough