



OUTPATIENT DISCHARGE INSTRUCTIONS

JASON S. AHUERO, M.D.

When you get home:

1. Relax. Diet as tolerated
2. You must keep your operative extremity elevated on 2-3 pillows or foam elevator pillow **above the level of your heart** to reduce swelling. You may apply an ice pack to the surgical site every one to two hours for twenty minutes while awake as needed.
3. Pain medication as needed every four to six hours.
4. You may/may not bear weight on your operative extremity with crutches / walker.
5. If you had a nerve block, this medication will wear off 8-24 hours post op. Be prepared to take your pain medicine when you first notice this in order to minimize the onset of pain. Call your anesthesiologist if you have any questions about the block.
6. Keep your cast or dressing clean, dry and intact until you are seen for a follow up. You may shower, but must do so while keeping your dressing /cast dry. If you get your cast wet, please notify the office ASAP to come in and have it changed. Continued wear of a wet cast can cause skin breakdown. If you are interested in purchasing an Aquashield to assist with keeping your cast dry, please call 713.986.7355.
7. Notify Dr. Ahuero or physician on call if after 5 pm or on weekends at 713.986.5840 if you have fever greater than 101.5, worsening pain, numbness or coolness of toes, swelling of leg or thigh, calf tenderness, shortness of breath or other concerns.

For Return Appointment

Call our office for a return appointment if an appointment was not given to you at the time of discharge or made prior to surgery: 713.986.6016.

If you have any problems or questions, please call our office at 713.986.5840 (available 24 hours a day).

Pain medication will be refilled during office hours only (Monday – Friday, 8 am – 4 pm)

Any activity that requires precise thinking and accuracy must be avoided for the first twelve hours after surgery as well as while on pain medication, which includes operating machinery and/or driving a vehicle.