

FRAXEL

POST OPERATIVE CARE

POST-OP:

Restrict your general activity to bed rest for the first night, getting up only to use the restroom with help. Drink plenty of fluids to help rid your body of the anesthetics

- **1 week follow up:** bacitracin, coban wrap. and suture check. Wrap at night. Refill coban. No massage.

DIET:

Clear liquids or a soft bland diet for the first night home (i.e. soup, apple juice, crackers, and jello). If you are able to tolerate this well, you can resume a normal diet. Please keep in mind to limit salt intake, as this will make you retain more water.

ACTIVITY:

Day after your surgery walk around inside every 2 hours while awake (2-5 mins).

- **week 1:** Mostly resting, getting good nutrition and staying hydrated.
- **week 2:** can start to do minimal activities with periods of rest. You will be able to return to non-strenuous work approximately 2 - 4 weeks after surgery.
- **week 3:** NO aerobic exercise/activities that raise your heart rate or blood pressure. NO heavy lifting, pushing or pulling of 10 lbs. or more for 6 weeks. Approximately 6-8 weeks post op strenuous activity will be allowed.

SHOWER:

May wash from the chest down making sure to keep dressings clean and dry for 48 hours. Do not submerge incisions under water until completely healed without scabs (approx. 4-6 weeks).

MEDICATION:

Be sure to take your medications as prescribed. Please note first 3-5 days are the toughest. Swelling and discomfort gradually increase over the first 3 days and then will gradually subside. Don't be alarmed if things feel worse before they get better (for example, day 2 you might feel better than day 4 - that's normal).

PROBLEMS:

If you have any problems or questions following surgery, please call Elsa at (713) 489-1630 or email Elsa@drcourtney.com

Print Name:

Signature:

Date Received