

DISCHARGE INFORMATION

On behalf of the University of Miami UHealth Sports Medicine surgical team, we would like to take this time to thank you for choosing us, the University of Miami, and the Lennar Foundation Medical Center for your surgical needs.

We are committed in providing the finest health services to our patients and guests and we are always available to answer any questions or concerns that may arise after your surgery.

FIRST POST OPERATIVE APPOINTMENT: _____

PHYSICAL THERAPY APPOINTMENT: _____

Your first post operative appointment should be within 7-9 days after your procedure. During this visit, you will meet with one of our Physician Assistants (PA) or Athletic Trainers (AT); subsequent post operative visits will be with the surgeon. They will address any questions you may have as well as remove sutures if required.

If a post operative appointment was not given to you at time of discharge, please contact our Surgical Coordinator, Jacqueline Alcala at **305-689-5752**. You may also reach her by email jxa328@miami.edu.

Helpful phone numbers during your recovery

The Lennar Foundation Medical Center/ Sports Med Team	305-689-5555 Option # 2
Surgical Coordinator	305-689-5752
UHealth UPAC nurses	305-689-0681
Surgical Recovery Area / ice machine pump issues	305-689-0559
Sports Med after hours line	305-243-1000

If you have any questions or concerns, please utilize the MY UHEALTH CHART application or website.

<https://myuhealthchart.com> , is the best way to contact our staff.

If you do not have an active account, you may register at the above website or you may contact the MyUHealthChart system administrator at 877-448-1773 to help you gain access to your account.

What to do When You Get Home:

When you get home, take it easy. Find a comfortable chair, couch or bed. Do not plan a very ambitious schedule for yourself in the initial few days following surgery. If you are too active too early, this may cause swelling and increased pain, and could potentially prolong your recovery. Eat lightly at first and advance your diet as tolerated. If you feel nauseous, it could be from the medication/anesthesia administered before or after surgery. If nausea occurs, drink clear liquids and eat plain crackers or toast. It is not unusual to have a slight fever after surgery for the first 24-48 hours. Drinking fluids, practicing deep breathing, and coughing are helpful after surgery to prevent a fever. If the fever continues or is higher than **101.4**, please contact our office. It is not unusual to have some swelling after surgery. You may loosen the ace wrap if it seems too tight, but please DO NOT remove the splint (if applicable). If you notice slight numbness or tingling, this is normal from your procedure and usually resolves in a day or so.

Wound Care/Dressing Changes:

Dressings can be removed 2 days after surgery. A big, bulky dressing is not necessary as long as there is no drainage from the incisions. You can put a Band-Aid or a piece of sterile gauze over each incision and wear an ACE bandage as needed for comfort and swelling. It is not necessary to apply antibiotic ointment to your incisions; please do not do so. Sutures will be removed at your first post operative visit by the PA or AT. **DO NOT REMOVE** the steri-strips over your incisions.

Showering/Bathing:

You may shower 3 days after surgery if there is no drainage from your incisions. **Do not get your incisions wet.** *Shower supplies include: waterproof cover for the extremity (i.e. garbage bag or plastic bag), a non-slip mat, and a chair (if available, not required).*

After your first post-operative visit with us (7-9 days after surgery), you may be cleared to get your incisions wet in the shower. Simply allow water to hit the surgical area and apply soap only to the rest of your body. Do not vigorously scrub the area where your incisions are; please be gentle. Do not soak your incisions under water. It is normal to have a small amount of discharge from the incisions after showering. You may use sterile gauze pads to wipe and completely dry the area, then apply a clean, dry dressing. You should change the dressing as needed to keep incisions as dry as possible. An ACE bandage may be used to help the gauze stay in place until you are seen at the office.

Do not take a bath in a tub or get into a swimming pool or jacuzzi until the incisions are completely healed. You will be given the “okay” from the doctor.

Dressing supplies may be found in your local drug store: pre-sterilized cotton-filled gauze, surgical tape, alcohol pads, ACE bandage, cotton balls etc.

Pain Medication and Management:

You have been given a prescription for pain; please take only as directed. This aids in keeping your pain level tolerable. Keep surgical extremity elevated (if possible) to minimize swelling. This will also aid in pain control. It is not uncommon to experience pain and swelling as you begin to become more mobile. Taking pain medication before bedtime will assist in sleeping comfortably. Keep in mind that pain medication may cause constipation. A high fiber diet, many fluids, and the stool softener (i.e. Colace) that was also prescribed to you will help prevent this. If you require a refill on your pain medication, please send a message through the MYUHealthChart application; this will send a direct message to your surgeon.

Ice/Elevation:

Continue ice and elevation consistently for 48 hours after surgery. **DO NOT PLACE ICE DIRECTLY ON SKIN.** Be sure to keep clothing or a towel between the ice and your skin, as placing the ice directly on skin may cause frostbite. After 48 hours continue to use ice 3-4 times a day, for 15-20 minutes. If blisters or redness appears, discontinue cold therapy on the affected area.

Weight Bearing Status/Braces/Activity:

Please refer to hand out given by the nurse or doctor staff.

Physical Therapy:

Following most procedures, we highly recommend starting physical therapy 3-4 days after surgery, unless otherwise instructed by your surgeon. You may start prior to your first post operative visit. You will go 2-3 times a week for about 4-6 months. Prior to surgery, you should schedule your first appointment with physical therapy. If you would like to do physical therapy with the University of Miami, please call 305-689-8888. If you do not have a location in mind, please refer to our list of recommended physical therapy locations in South Florida. You can also contact your insurance for in-network locations. Dedication and attendance to your physical therapy sessions are critical to your recovery.

Home Exercises:

PLEASE REFER TO YOUR HOME EXERCISE HAND OUT.

DVT Prevention:

Blood clots are more likely to develop in the leg after having orthopedic surgery and when your activity is limited following any surgical procedure. We can reduce the risk of this rare complication from surgery by giving you an anticoagulant medication. You will be prescribed medication (i.e. Aspirin) and should take as instructed. Please note that this medication is NOT for pain control, but specifically for the prevention against developing blood clots after surgery and must be taken as scheduled.

Driving:

No driving is allowed while brace is in place or while on narcotic medications. It may be a few weeks before it is safe for you to drive. You must have full control of your extremity that was operated on, permitted to discontinue use of brace, AND be off narcotic medications completely in order to drive.