



John R. Green III, MD

Sports Medicine

Post Op Recovery Expectations

- You may have a small amount of bloody drainage the first day or two after surgery; **this is normal.**
 - You may reinforce the dressing by placing sterile gauze on top of your existing dressing.
 - An amount of **pain is normal** after surgery. Stay on schedule with the pain medications we provided you and take as directed. They should be **taken together.**
 - The short acting narcotic is to be taken together with Tylenol 500mg every 4 hours.
 - The long acting narcotic (if you were given this) is taken every 12hours along with your other medications.
 - Ibuprofen 600mg every 8 hours is needed to decrease your inflammation.
 - Icing the surgical site regularly will help with pain control since swelling can cause pain. Remember not allow the dressings to get wet.
 - If you had a surgery involving the ankle, knee or hip and you are wearing a compression stocking, be sure the stocking does not have any wrinkles against the skin. This can also be a source of pain.
 - If you were given a knee brace, boot or arm sling to wear, check that the straps or any parts of this specialized equipment are not causing pressure points or pain.
 - Read your post-operative instructions given to you in your packet to review specific information regarding the specific procedure you had.
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- If you are still having trouble or have questions call 210-450-9300 to speak with a Medical Assistant or Nurse Between the hours of 5:00-7:00 p.m. call (210) 450-9327, thereafter call the main number (210) 450-9300 and request to have the doctor on call paged.
 - **Report any of the following symptoms immediately: Fever greater than 101 F, calf pain, pain not controlled by pain medications, redness swelling specific to the incision site, excessive bleeding that will not stop, problems with pain medication, numbness and tingling of the leg or foot.**