

**The Stone Clinic**  
**Orthopaedic Surgery, Sports Medicine and Rehabilitation**  
**Kevin R. Stone, M.D.**  
**Ann Walgenbach, FNP, RNNP**  
**(415) 563-3110**  
**www.stoneclinic.com**

**Post Operative Instructions**

1. Rest at home for the remainder of the day.
2. To minimize swelling and pain we advise you to keep the affected limb elevated above the heart level and ice for the next 12 hours – 24 hours. Use pillows to help elevate the limb.
3. The bandages may become soiled due to post-operative drainage from the extremity. This is common. If this occurs, additional bandages can be added. However, in case of excessive drainage through the bandage, you can call the office and the answering service will contact Ann Walgenbach, R.N.N.P. or Kevin Stone, M.D. The dressing will be changed at your post operative appointment tomorrow or on Monday (if surgery on Friday).
4. Baths and showers are not permitted until you are seen the next day in the doctor’s office for post-operative care. A sponge bath is permitted as long as the bandages don’t get wet.
5. If you have had general anesthesia or any sedation, (a) you should not drive or operate complicated machinery. Start with light food or liquids and advance your diet as tolerated.
6. Notify Dr. Stone if you develop excessive pain, swelling, bleeding, or develop a fever over 102 degrees.
7. For the management of pain at home use the following: for minimum pain (level 1-3) take 1-2 extra strength Tylenol; for moderate pain (level 4-6) take 1-2 of your prescription pain medication; for severe pain (level 7-10) take 2 of your prescription medication; If the pain is not relieved in approximately 60 minutes, call Dr. Stone’s office and the answering service will contact Ann or Dr. Stone.
8. Please take a baby aspirin or regular one each day for the next month, please also take a stomach protector such as Pepcid, Zantac or Protonix daily as the stress of surgery and aspirin can cause an ulcer.
9. Weight bearing status:  
  
\_\_\_\_\_ Non weight-bearing      \_\_\_\_\_ Partial weight-bearing      \_\_\_\_\_ Weight bearing as tolerated
10. Return to Dr. Stone’s Office per your scheduled time (arranged through the office) for follow up. If surgery is performed on Friday, your follow up appointment will be Monday at the scheduled time.
11. Use an ice bag (or the icing unit) 20 minutes each waking hour, until you come in for your appointment. (It helps to buy a few bags of ice cubes to keep the machines cold.)
12. Medications: \_\_\_\_\_
13. Special Instructions: \_\_\_\_\_

These instructions have been explained to the patient or patient representative and a copy given to the patient

\_\_\_\_\_ RN  
\_\_\_\_\_

Patient/ Patient Representative Signature

Relationship to Patient

Date

Patient Sticker