

## **Post-Operative Instructions** **Incision and Drainage (I&D)**

### **Day of Surgery**

- A. Relax. Diet as tolerated.
- B. Icing is important for the first 5-7 days post-op. While the post-op dressing is in place, icing should be done continuously. Once the dressing is removed on the first or second day, ice is applied for 20-minute periods 3-4 times per day. Care must be taken with icing to avoid frostbite.

*You will be contacted by East Coast Orthotics regarding an ice compression unit to be used after surgery. This helps with pain and swelling but typically is not covered by insurance. The cost is \$200-300 for a 2-week rental. Alternatively, ice gel packs with a shoulder or knee sleeve can be provided by the hospital for a minimal charge.*

- C. Pain medication as needed every 6 hours (refer to pain medication sheet)

### **First Post-Operative Day**

- A. Continue ice pack every one to two hours while awake and pain meds as needed or cryocuff or gameready. Ice cuff as per instructions.

### **Second Post-Operative Day**

- A. Continue ice pack up to post op day 2-5 and utilize after physical therapy sessions.

### **Third Post-Operative Day**

- A. You may remove surgical bandage and shower this evening. Apply waterproof bandages to wounds prior to showering and remove and apply fresh waterproof bandages after shower is complete
- B. You will need to keep your incisions covered with waterproof bandages when taking a shower for the first 2 weeks

### **Physical Therapy (IF INDICATED BY YOUR SURGEON)**

- A. Physical Therapy should begin at 4 weeks. Please call your preferred facility to make an appointment.

**Call our office @ 646-501-7223 option 4, option 2 to confirm your first postoperative visit, which is usually about 1-2 weeks after surgery. If you are experiencing any problems, please call our office or contact us via the internet at [www.newyorkortho.com](http://www.newyorkortho.com).**