Immediately After Surgery in the Recovery Room:

· After surgery you will be taken to the recovery room, where your family can meet you. You will likely have a dressing with ace wrap over the surgical site. This should stay on until your first post op visit.

· It is encouraged that you move the joints around the surgical site as much as possible to increase circulation and promote healing.

· You will receive a prescription for pain medication for your return home. We recommend taking the first dose immediately when getting home, then as needed. Please note that common side effects of the pain medication are nausea and constipation. Any over the counter stool softener will work for constipation. If you have intolerable nausea, please call our office to discuss further.

After Surgery at Home:

· The dressing and ace wrap should stay clean and dry until the first post op visit. To shower, cover the dressing in a plastic bag.

· Elevate surgical site and ice as necessary for 3-7 days. Ice helps reduce pain, swelling, and inflammation. When you notice it is no longer offering any benefit, feel free to stop using it.

· Pain medication: We will not call in medication refills after 5pm or on the weekend. Please let our office know during business hours when a refill is needed, and we will call it in per office policy.

First Post-Op Office Visit:

· Please arrange to see Dr. Alpert or his PAs Christina or Joe in the office 3-10 days after surgery. We will remove the dressing and assess the incision. If sutures need to be taken out, this will be at an appointment 14 days after the surgery.

· If you have any questions or concerns regarding your surgery or the rehabilitation protocol, please contact Dr. Alpert's office at 224.293.1170 and ask for Christina (PA), Joe (PA), or Nikki (secretary).

Fox Valley Orthopedics
420 W. Northwest Highway
Barrington, IL 60010
847.382.6766

Fox Valley Orthopedics
1710 Randall Road
Elgin, IL 60123
224.293.1170