

BENJAMIN G. DOMB, MD

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Dr. Domb General Post-Operative Instructions

1. Remove the dressing on POD#3
2. Apply dressings as needed to wounds sites
3. Physical therapy to begin:
 - Day after surgery
 - 2 weeks postop
 - 6 weeks postop
 - Other
4. Therapy as per Dr Domb's protocol. Have therapist contact our office with any questions, and please make sure your therapist has Dr Domb's protocol.
5. Please do not use bacitracin or other ointments under the bandage. Use ice packs as often as possible, and at least 30 minutes four times per day. An ace wrap may be used to help you control swelling. Do not wrap the ace too thickly or the ice will not penetrate.
6. You may shower on post-op day #3 if the incisions are dry. Gently pat the area dry after showering.
7. Do not soak in water or go swimming in the pool or ocean until your incisions are healed.
8. Driving: only if you have stopped taking pain medicine and feel you can drive safely.
9. Please call the office to schedule a follow up appointment 10-14 days if you do not already have an appointment scheduled.
10. If you develop a fever ($>101.5^{\circ}\text{F}$), redness or drainage from the surgical incision site, please call our office to arrange for evaluation.
11. Anticoagulation- please use blood thinners if prescribed
12. Discontinue pain medications when able

Weight Bearing Instructions:

- Wight Bear As Tolerated
 - 20# flat foot WB
 - NON – Weight Bearing
 - Other:
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Brace Instructions:

- 2 weeks
 - 6 weeks
 - 8 weeks
 - Other:
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If you have any questions feel free to call our office.