



Columbia University
**Center for Shoulder, Elbow
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FREQUENTLY ASKED QUESTIONS IN THE POST- OPERATIVE PERIOD

WHAT SHOULD I DO IF I HAVE DEVELOPED REDNESS, DRAINAGE OR INCREASED PAIN WHERE MY SURGICAL WOUND IS OR I HAVE DEVELOPED A FEVER OR CHILLS?

Please contact the office immediately. If after hours, please go to your local ED.

I AM HAVING TROUBLE WITH MY SLING, KNEE BRACE, CRUTCHES OR CRYO-CUFF. WHO CAN I CALL FOR HELP?

For all questions regarding the care of your bracing device (adjusting it, cleaning it, etc.) or the use of your cryocuff, you may contact East Coast Orthotics at 631-254-5577 and they will be happy to help you.

I RAN OUT OF MY PAIN MEDICATIONS, WHAT DO I DO IF I NEED MORE?

Call your pharmacy and have them call our office for a refill, or call our office and give us your pharmacy's contact information and we will call in a refill for you.

CAN I TAKE MEDICATIONS OTHER THAN THE NARCOTICS FOR MY PAIN?

You can take Motrin (600mg: 3 tablets 3 times per day) or Aleve (2 tablets 2 times per day) in place of or in conjunction with your pain medications for the swelling.

HOW OFTEN SHOULD I USE THE CRYO-CUFF OR APPLY ICE?

You should apply ice as often as you can because this will help to alleviate the swelling and pain that is common in the post-operative period.

WHEN CAN I SHOWER?

You may shower 24 hours after your surgery. You may remove the bulky dressing (gauze, etc.) and shower. Pat the wound dry and place band-aids over the incisions. Please do not soak or wet your wound too much.

I NEED A PRESCRIPTION FOR PHYSICAL THERAPY. WHO SHOULD I CALL?

Please call our office and we will fax it to you or to the facility you will be attending.