

**University Place  
Orthopaedics**

**Dr. Andrew Feldman**

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**POST-OPERATIVE INSTRUCTIONS  
ANKLE ARTHROSCOPY**

**PLEASE READ THE INSTRUCTIONS CAREFULLY \*\*\*\*\***

After the surgery you will be given your prescription for pain, please take them with food. **The pain medication is a controlled substance so please use them sparingly as Dr. Feldman does not give refills. Start taking the medication as the anesthesia wears off.**

**Please contact Dr. Syed Husain Pain Management 212-400-6622 if you need a refill on pain medication. Have anti-inflammatory medications at home ie: Ibuprofen, Motrin, Advil, Aleve or Voltaren and Tylenol ES to use instead of the prescribed medication for milder pain**

It is important to remember that you have just had surgery and will need a minimum of 48-72 hours to recover. Anesthesia can remain in the body for up to 48 hours post-operatively so please refrain from activities such as excess walking or climbing. No working out until after the post-op visit. It takes 48-72 hours for the pain and swelling to peak, **SWELLING AND PAIN IS NORMAL.**

**To decrease the swelling:**

- Take the prescribed anti-inflammatory in the morning with your breakfast.
- Keep your leg elevated at 45 degree angle at all times for the first three days after surgery ( do not count the day of surgery as day one )
- Apply the cold therapy or ice pack and keep the leg cool as much as possible for the first 48-72 hours.

You will be given a cane or crutches to ambulate after surgery. Please use them as directed. The doctor will inform you when you will be allowed to put weight on the leg.

It is normal to see drainage on your dressing; this is caused by the irrigation fluids used during your operation. This is normal providing the color of the blood fades to a dark brown within 24 hours. This would indicate old / dry blood. However if there is excessive bleeding (bright red) and the dressing is soaked apply pressure and elevate leg, **PLEASE CALL OFFICE ASAP or GO TO LOCAL EMERGENCY ROOM or HOSPITAL FOR JOINT DISEASES or NEAREST ER , for evaluation and treatment. PLEASE notify office of outcome.**

In case if **INTRACTABLE** , unrelenting pain, that is not alleviated by several doses of the analgesic (pain killer) medication, and if your are unable to reach Dr. Feldman's staff at the clinic, please leave a message with the service, so we could follow-up on your request and return your call. If this problem occurs during the night or on a weekend, please proceed to the Emergency Room at Hospital for Joint Diseases or any other ER in your area, for evaluation and pain management.

Keep the dressing clean and dry until your post-op visit 5-7 days. Please do **NOT** touch/change these dressings as they are meant to keep your incision site sterile.

The office will contact you for the Post-Op appt. At this visit Dr. Feldman will discuss the surgery, remove the dressings and sutures and prescribe Physical Therapy and brace if indicated.

**POST-OPERATIVE INSTRUCTIONS  
SHOULDER SURGERY**

**PLEASE READ THE INSTRUCTIONS CAREFULLY \*\*\*\*\***

After the surgery you will be given your prescription for pain , please take them with food. **The pain medication is a controlled substance so please use them sparingly as Dr. Feldman does not give refills. Start taking the medication as the anesthesia wears off.**

**Please contact Dr. Syed Husain Pain Management 212-400-6622 if you need a refill on pain medication. Have anti-inflammatory medications at home ie: Ibuprofen, Motrin, Advil, Aleve or Voltaren and Tylenol ES to use instead of the prescribed medication for milder pain.**

**\*Nerve Block will be given by anesthesia, your arm may be numb for 12-24 hours. Do Not be alarmed. When Nerve Block starts to wear off start taking the pain medication. If pain becomes unbearable seek medical consult near your home.**

It is important to remember that you have just had surgery and will need a minimum of 48-72 hours to recover. Anesthesia can remain in the body for up to 48 hours post-operatively so please refrain from activities such as excess walking or climbing. No working out until after the post-op visit. It takes 48-72 hours for the pain and swelling to peak, **SWELLING AND PAIN IS NORMAL.**

**To decrease the swelling :**

- Keep your shoulder elevated by placing your arm upright on your chest ( like you are pledging allegiance to the flag ) and flex your fingers periodically.
- Apply the cold therapy unit or ice pack and keep the shoulder cool as much as possible for the first 72-96 hours.
- You can remove the dressings on the fourth day after surgery and apply the cold therapy unit or ice pack for 45-60 minutes 4-6 times a day.
- Please insure that there is a protective layer between the skin and the unit ( towel or pillowcase ).

Keep the dressing clean & dry. You can remove the dressings on the fourth day after surgery and take a shower. Apply clean Band-Aids over the incision sites, which should be changed every day until your post-operative visit and continue to keep your arm in the sling or immobilizer.

It is normal to see drainage on your dressing; this is caused by the irrigation fluids used during your operation. This is normal providing the color of the blood fades to a dark brown within 24 hours. This would indicate old / dry blood. However if there is excessive bleeding (bright red) and the dressing is soaked apply pressure on the shoulder,

**PLEASE CALL OFFICE ASAP or GO TO LOCAL EMERGENCY ROOM or HOSPITAL FOR JOINT DISEASES or NEAREST ER , for evaluation and treatment. PLEASE notify office of outcome.**

In case if **INTRACTABLE** , unrelenting pain, that is not alleviated by several doses of the analgesic (pain killer) medication, and if your are unable to reach Dr. Feldman's staff at the clinic, please leave a message with the service, so we could follow-up on your request and return your call. If this problem occurs during the night or on a weekend, please proceed to the Local Emergency Room or Hospital for Joint Diseases or any other ER in your area, for evaluation and pain management.

The office will contact you for the Post-Op apt 5-7 days. At this visit Dr. Feldman will discuss the surgery, prescribe Physical Therapy and brace if indicated.

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**POST-OPERATIVE INSTRUCTIONS  
ELBOW SURGERY**

**PLEASE READ THE INSTRUCTIONS CAREFULLY \*\*\*\*\***

After the surgery you will be given your prescription for pain, please take them with food. **The pain medication is a controlled substance so please use them sparingly as Dr. Feldman does not give refills. Start taking the medication as the anesthesia wears off.**

**Please contact Dr. Syed Husain Pain Management 212-400-6622 if you need a refill on pain medication. Have anti-inflammatory medications at home ie: Ibuprofen, Motrin, Advil, Aleve, or Voltaren and Tylenol ES to use instead of the prescribed medication for milder pain.**

It is important to remember that you have just had surgery and will need a minimum of 48-72 hours to recover. Anesthesia can remain in the body for up to 48 hours post-operatively so please refrain from activities such as excess walking or climbing. No working out until after the post-op visit. It takes 48-72 hours for the pain and swelling to peak, **SWELLING AND PAIN IS NORMAL.**

**To decrease the swelling:**

- Keep your elbow elevated by placing your arm upright on your chest in the sling (like you are pledging allegiance to the flag) and flex your fingers periodically.
- Apply the cold therapy or ice pack and keep the elbow cool as much as possible for the first 48-72 hours. After the dressings are removed on the fifth day you may cool the elbow for 30-60 minutes increments, 3-5 times a day. Please insure that there is a protective layer between the skin and the unit (towel or pillowcase).

It is normal to see drainage on your dressing; this is caused by the irrigation fluids used during your operation. This is normal providing the color of the blood fades to a dark brown within 24 hours. This would indicate old / dry blood. However if there is excessive bleeding (bright red) and the dressing is soaked apply pressure and elevate arm in sling,

**PLEASE CALL OFFICE ASAP or GO TO EMERGENCY ROOM AT HOSPITAL FOR JOINT DISEASES OR NEAREST ER , for evaluation and treatment. PLEASE notify office of outcome.**

**YOU MUST NOT GET THE DRESSINGS WET. You can take a Sponge Bath or Cover the arm with a Garbage Bag and Duct Tape. PLEASE BE VERY CAREFUL IN THE BATH / SHOWER BECAUSE YOU ARE NOT ALLOWED TO USE THE ARM.**

**PLEASE HAVE SOMEONE HELP YOU OR MAKE ACCOMODATIONS.**

**DO NOT REMOVE THE DRESSINGS UNTIL YOU RETURN TO THE OFFICE FOR YOUR POST-OP APPOINTMENT USUALLY 7-12 DAYS AFTER SURGERY**

In case if INTRACTABLE, unrelenting pain, that is not alleviated by several doses of the analgesic (pain killer) medication, and if your are unable to reach Dr. Feldman's staff at the clinic, please leave a message with the service, so we could follow-up on your request and return your call. If this problem occurs during the night or on a weekend, please proceed to the Emergency Room at NYU Langone or any other ER in your area, for evaluation and pain management.

**\*\*\*The office will contact you for the Post-Op appt. At this visit Dr. Feldman will discuss the surgery, prescribe Physical Therapy and brace/sling if indicated\*\*\***

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**POST-OPERATIVE INSTRUCTIONS**  
**SHOULDER REPLACEMENT SURGERY**

**PLEASE READ THE INSTRUCTIONS CAREFULLY \*\*\*\*\***

After the surgery you will be given your prescription for pain, please take them with food. **The pain medication is a controlled substance so please use them sparingly as Dr. Feldman does not give refills. Start taking the medication as the anesthesia wears off.**

**Please contact Dr. Syed Husain Pain Management 212-400-6622 if you need a refill on pain medication. Have anti-inflammatory medications at home ie: Ibuprofen, Motrin, Advil, Aleve, or Voltaren and Tylenol ES to use instead of the prescribed medication for milder pain.**

**\*Nerve Block will be given by anesthesia, your arm may be numb for 12-24 hours after the surgery. Do not be alarmed. When Nerve Block starts to wear off start taking the pain medication. If pain becomes unbearable seek medical consult near your home.**

It is important to remember that you have just had surgery and will need a minimum of 48-72 hours to recover. Anesthesia can remain in the body for up to 48 hours post-operatively so please refrain from activities such as excess walking or climbing. No working out until after the post-op visit. It takes 48-72 hours for the pain and swelling to peak, **SWELLING AND PAIN IS NORMAL.**

**To decrease the swelling :**

- Keep your shoulder elevated by placing your arm upright on your chest ( like you are pledging allegiance to the flag ) and flex your fingers periodically.
- Apply the cold therapy unit or ice pack and keep the shoulder cool as much as possible for the first 72-96 hours.
- You will not remove any of the bandages until your post op visit in the office, where the doctor/assistant will remove the bandages for you.
- Please insure that there is a protective layer between the skin and the unit ( towel or pillowcase ).

Keep the dressing clean & dry as you continue to keep your arm in the sling or immobilizer.

It is normal to see drainage on your dressing; this is caused by the irrigation fluids used during your operation. This is normal providing the color of the blood fades to a dark brown within 24 hours. This would indicate old / dry blood. However if there is excessive bleeding (bright red) and the dressing is soaked apply pressure on the shoulder,

**PLEASE CALL OFFICE ASAP or GO TO EMERGENCY ROOM AT HOSPITAL FOR JOINT DISEASES OR NEAREST ER , for evaluation and treatment. PLEASE notify office of outcome.**

In case if **INTRACTABLE** , unrelenting pain, that is not alleviated by several doses of the analgesic (pain killer) medication, and if your are unable to reach Dr. Feldman's staff at the clinic, please leave a message with the service, so we could follow-up on your request and return your call. If this problem occurs during the night or on a weekend, please proceed to the Emergency Room at Hospital for Joint Diseases or any other ER in your area, for evaluation and pain management.

**\*\*\*The office will contact you for the Post-Op appt. At this visit Dr. Feldman will discuss the surgery, prescribe Physical Therapy and brace if indicated\*\*\***

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**POST-OPERATIVE INSTRUCTIONS**  
**KNEE MENISECTOMY**

**PLEASE READ THE INSTRUCTIONS CAREFULLY \*\*\*\*\***

After the surgery you will be given your prescription for pain, please take them with food. **The pain medication is a controlled substance so please use them sparingly as Dr. Feldman does not give refills. Start taking the medication as the anesthesia wears off.**

**Please contact Dr. Syed Husain Pain Management 212-400-6622 if you need a refill on pain medication. Have anti-inflammatory medications at home ie: Ibuprofen, Motrin, Advil, Aleve or Voltaren and Tylenol ES to use instead of the prescribed medication for milder pain.**

It is important to remember that you have just had surgery and will need a minimum of 48-72 hours to recover. Anesthesia can remain in the body for up to 48 hours post-operatively so please refrain from activities such as excess walking or climbing. No working out until after the post-op visit. It takes 48-72 hours for the pain and swelling to peak, **SWELLING AND PAIN IS NORMAL.**

**To decrease the swelling:**

- Take the prescribed as directed and as needed for pain with food..
- Keep your leg elevated at 45 degree angle at all times for the first three days after surgery ( keep knee joint straight, do not bend at knee )( do not count the day of surgery as day one )
- Apply the cold therapy or ice pack and keep the leg cool as much as possible for the first 48-72 hours. After the dressings are removed on the third day you may cool the leg for 30-60 minutes increments, 3-5 times a day. Please insure that there is a protective layer between the skin and the unit ( towel or pillowcase ).

You will be given a cane or crutches to ambulate after surgery. Please use them as directed.

It is normal to see drainage on your dressing; this is caused by the irrigation fluids used during your operation. This is normal providing the color of the blood fades to a dark brown within 24 hours. This would indicate old / dry blood. However if there is excessive bleeding (bright red) and the dressing is soaked apply pressure and elevate leg,

**PLEASE CALL OFFICE ASAP or GO TO LOCAL EMERGENCY ROOM or HOSPITAL FOR JOINT DISEASES or NEAREST ER , for evaluation and treatment. PLEASE notify office of outcome.**

In case if **INTRACTABLE** , unrelenting pain, that is not alleviated by several doses of the analgesic (pain killer) medication, and if your are unable to reach Dr. Feldman's staff at the clinic, please leave a message with the service, so we could follow-up on your request and return your call. If this problem occurs during the night or on a weekend, please proceed to the local Emergency Room or Hospital for Joint Diseases or any other ER in your area, for evaluation and pain management.

Keep the dressing clean and dry. You may remove dressing 3 days after the surgery and take a shower. Apply Band-Aids over the incision site, which should be changed every day until your post-op visit.

The office will contact you for the Post-Op appt. At this visit Dr. Feldman will discuss the surgery, prescribe Physical Therapy and brace if indicated.

**POST-OPERATIVE INSTRUCTIONS**  
**ACL RECONSTRUCTION KNEE LIGAMENT**

**PLEASE READ THE INSTRUCTIONS CAREFULLY \*\*\*\*\***

**IF THE HOSPITAL GIVES YOU INSTRUCTIONS THAT DIFFER IN ANYWAY TO DR. FELDMAN'S , PLEASE CONTACT THE OFFICE IMMEDIATELY. IF IN DOUBT FOLLOW THE INSTRUCTION'S BELOW.**

After the surgery you will be given your prescription for pain, please take them with food. **The pain medication is a controlled substance so please use them sparingly as Dr. Feldman does not give refills. Start taking the medication as the anesthesia wears off.**

**Please contact Dr. Syed Husain Pain Management 212-400-6622 if you need a refill on pain medication. Have anti-inflammatory medications at home ie: Ibuprofen, Motrin, Advil, Aleve or Voltaren and Tylenol ES to use instead of the prescribed medication for milder pain.**

It is important to remember that you have just had surgery and will need a minimum of 48-72 hours to recover. Anesthesia can remain in the body for up to 48 hours post-operatively so please refrain from activities such as excess walking or climbing. No working out until after the post-op visit. It takes 48-72 hours for the pain and swelling to peak, **SWELLING AND PAIN IS NORMAL.**

**To decrease the swelling:**

- Take the prescribed anti-inflammatory in the morning with your breakfast.
- Keep your leg elevated at 45 degree angle at all times for the first three days after surgery ( keep knee joint straight, do not bend at knee )( do not count the day of surgery as day one )
- Apply the cold therapy or ice pack and keep the leg cool as much as possible for the first 48-72 hours. On the fifth day you may cool the leg for 30-60 minutes increments, 3-5 times a day.

You will be given crutches to ambulate after surgery, **NO WEIGHT BEARING ON THE LEG**, but you can Toe Touch and put weight on crutches.

**YOU MUST NOT GET THE DRESSINGS WET. You can take a Sponge Bath or Cover the Leg with a Garbage Bag and Duct Tap or buy a Cast Bag at a Surgical Supply store. PLEASE BE VERY CAREFUL IN THE BATH / SHOWER BECAUSE YOU ARE NOT ALLOWED TO PUT WEIGHT ON THE LEG. PLEASE HAVE SOMEONE HELP YOU OR MAKE ACCOMODATIONS. DO NOT REMOVE THE DRESSINGS UNTIL YOU RETURN TO THE OFFICE FOR YOUR POST-OP APPOINTMENT USUALLY 7-10 DAYS AFTER SURGERY.**

It is normal to see drainage on your dressing; this is caused by the irrigation fluids used during your operation. This is normal providing the color of the blood fades to a dark brown within 24 hours. This would indicate old / dry blood. However if there is excessive bleeding (bright red) and the dressing is soaked apply pressure and elevate leg,

**PLEASE CALL OFFICE ASAP or GO TO LOCAL EMERGENCY ROOM or HOSPITAL FOR JOINT DISEASES OR NEAREST ER , for evaluation and treatment. PLEASE notify office of outcome.**

In case if **INTRACTABLE , unrelenting pain**, that is not alleviated by several doses of the analgesic (pain killer) medication, and if your are unable to reach Dr. Feldman's staff at the clinic, please leave a message with the service, so we could follow-up on your request and return your call. If this problem occurs during the night or on a weekend, please proceed to the Emergency Room at Hospital For Joint Diseases or any other ER in your area, for evaluation and pain management.

The office will contact you for the Post-Op appt. At this visit Dr. Feldman will discuss the surgery, prescribe Physical Therapy and brace if indicated.

**POST-OPERATIVE INSTRUCTIONS**  
**KNEE CARTILAGE SURGERY**

**PLEASE READ THE INSTRUCTIONS CAREFULLY \*\*\*\*\***

**IF THE HOSPITAL GIVES YOU INSTRUCTIONS THAT DIFFER IN ANYWAY TO DR. FELDMAN'S , PLEASE CONTACT THE OFFICE IMMEDIATELY.**

**IF IN DOUBT FOLLOW THE INSTRUCTION'S BELOW.**

After the surgery you will be given your prescription for pain and inflammation, please take them with food. **The pain medication is a controlled substance so please use them sparingly as Dr. Feldman does not give refills. Start taking the medication as the anesthesia wears off.**

It is important to remember that you have just had surgery and will need a minimum of 48-72 hours to recover. Anesthesia can remain in the body for up to 48 hours post-operatively so please refrain from activities such as excess walking or climbing. No working out until after the post-op visit. It takes 48-72 hours for the pain and swelling to peak, **SWELLING AND PAIN IS NORMAL.**

**To decrease the swelling:**

- Keep your leg elevated at 45 degree angle at all times for the first three days after surgery ( keep knee joint straight, do not bend at knee )( do not count the day of surgery as day one )
- Apply the cold therapy or ice pack and keep the leg cool as much as possible for the first 48-72 hours. On the fifth day you may cool the leg for 30-60 minutes increments, 3-5 times a day.

You will be given crutches to ambulate after surgery, **NO WEIGHT BEARING ON THE LEG.**

We also recommend to possibly get a CPM machine post op to help increase blood flow and assist with getting your range of motion back in the knee.

**YOU MUST NOT GET THE DRESSINGS WET. You can take a Sponge Bath or Cover the Leg with a Garbage Bag and Duct Tape. PLEASE BE VERY CAREFUL IN THE BATH / SHOWER BECAUSE YOU ARE NOT ALLOWED TO PUT WEIGHT ON THE LEG.**

**PLEASE HAVE SOMEONE HELP YOU OR MAKE ACCOMODATIONS.**

**DO NOT REMOVE THE DRESSINGS UNTIL YOU RETURN TO THE OFFICE FOR YOUR POST-OP APPOINTMENT USUALLY 14-16 DAYS AFTER SURGERY.**

It is normal to see drainage on your dressing; this is caused by the irrigation fluids used during your operation. This is normal providing the color of the blood fades to a dark brown within 24 hours. This would indicate old / dry blood. However if there is excessive bleeding (bright red) and the dressing is soaked apply pressure and elevate leg,

PLEASE CALL OFFICE ASAP or GO TO EMERGENCY ROOM AT HOSPITAL FOR JOINT DISEASES OR NEAREST ER , for evaluation and treatment. PLEASE notify office of outcome.

In case if **INTRACTABLE , unrelenting pain**, that is not alleviated by several doses of the analgesic (pain killer) medication, and if your are unable to reach Dr. Feldman's staff at the clinic, please leave a message with the service, so we could follow-up on your request and return your call. If this problem occurs during the night or on a weekend, please proceed to the Emergency Room at Hospital For Joint Diseases or any other ER in your area, for evaluation and pain management.

The office will contact you for the Post-Op appt. At this visit Dr. Feldman will discuss the surgery, prescribe Physical Therapy and brace if indicated.

**POST-OPERATIVE INSTRUCTIONS**  
**PARTIAL KNEE REPLACEMENT**

**PLEASE READ THE INSTRUCTIONS CAREFULLY \*\*\*\*\***

**IF THE HOSPITAL GIVES YOU INSTRUCTIONS THAT DIFFER IN ANYWAY TO DR. FELDMAN'S , PLEASE CONTACT THE OFFICE IMMEDIATELY. IF IN DOUBT FOLLOW THE INSTRUCTION'S BELOW.**

After the surgery you will be given your prescription for pain and inflammation, please take them with food. **The pain medication is a controlled substance so please use them sparingly as Dr. Feldman does not give refills. Start taking the medication as the anesthesia wears off.**

It is important to remember that you have just had surgery and will need a minimum of 48-72 hours to recover. Anesthesia can remain in the body for up to 48 hours post-operatively so please refrain from activities such as excess walking or climbing. No working out until after the post-op visit. It takes 48-72 hours for the pain and swelling to peak, **SWELLING AND PAIN IS NORMAL.**

**To decrease the swelling:**

- Keep your leg elevated at 45 degree angle at all times for the first three days after surgery ( keep knee joint straight, do not bend at knee )( do not count the day of surgery as day one )
- Apply the cold therapy or ice pack and keep the leg cool as much as possible for the first 48-72 hours. On the fifth day you may cool the leg for 30-60 minutes increments, 3-5 times a day.

You will be given crutches to ambulate after surgery, **NO WEIGHT BEARING ON THE LEG.**

**YOU MUST NOT GET THE DRESSINGS WET. You can take a Sponge Bath or Cover the Leg with a Garbage Bag and Duct Tape. PLEASE BE VERY CAREFUL IN THE BATH / SHOWER BECAUSE YOU ARE NOT ALLOWED TO PUT WEIGHT ON THE LEG.**

**PLEASE HAVE SOMEONE HELP YOU OR MAKE ACCOMODATIONS.**

**DO NOT REMOVE THE DRESSINGS UNTIL YOU RETURN TO THE OFFICE FOR YOUR POST-OP APPOINTMENT USUALLY 14-16 DAYS AFTER SURGERY.**

It is normal to see drainage on your dressing; this is caused by the irrigation fluids used during your operation. This is normal providing the color of the blood fades to a dark brown within 24 hours. This would indicate old / dry blood. However if there is excessive bleeding (bright red) and the dressing is soaked apply pressure and elevate leg,

PLEASE CALL OFFICE ASAP or GO TO EMERGENCY ROOM AT HOSPITAL FOR JOINT DISEASES OR NEAREST ER , for evaluation and treatment. PLEASE notify office of outcome.

In case if **INTRACTABLE , unrelenting pain**, that is not alleviated by several doses of the analgesic (pain killer) medication, and if your are unable to reach Dr. Feldman's staff at the clinic, please leave a message with the service, so we could follow-up on your request and return your call. If this problem occurs during the night or on a weekend, please proceed to the Emergency Room at Hospital For Joint Diseases or any other ER in your area, for evaluation and pain management.

The office will contact you for the Post-Op appt. At this visit Dr. Feldman will discuss the surgery, prescribe Physical Therapy and brace if indicated.