



# ORTHOPEDICS & SPORTS MEDICINE

BAYCARE CLINIC®

**Dr. Woods**

## **General Pre-Procedure Information**

Physical or occupational therapists will typically work with individuals who are undergoing a PRP injection, Ultrasound Guided Percutaneous Tenotomy/Fasciotomy, or Bone Marrow Aspirate Concentration procedure prior to their procedure. The goals of this visit are as follows:

- Educate the patient on the procedure and the recovery process
- Assess the needs of the patient following the procedure
  - Appropriate assistive device
  - Gait training
  - Safety at home
  - Education on sling/brace/boot management etc.
- Discuss activities to avoid after the procedure
- Educate the patient on appropriate passive and active range of motion exercises
- Take pre-procedure measurements on the involved and uninvolved extremities

### **Scheduling**

Typically, the patient will be scheduled for an evaluation with PT or OT prior to their procedure. The patient should be scheduled for follow up therapy at 2 weeks. The first follow up therapy appointment should be scheduled after their follow up visit with Dr. Woods. At that time the patient should begin therapy. Frequency determined by therapist per protocol unless otherwise recommended by referring provider.

### **Things to Avoid Before and After Procedure**

- Anti-inflammatory medicine like ibuprofen (Advil™, Motrin™) and naproxen (Aleve™, Naprosyn™): Avoid 1 week before and 2 weeks after your procedure, unless directed otherwise by your physician or health care provider.
- Alcohol: Avoid 48 hours before your procedure. Do not consume alcohol while you are taking prescription pain medication.
- Tobacco & nicotine: Consider talking to your physician or health care provider about stopping- These products impair your ability to heal and might reduce the beneficial effects of the procedure.
- Diet: There is no need to fast before the procedure. You may eat normal meals before your procedure and resume your regular diet when you feel able. A well-balanced diet will promote healing. If you are interested in more details, we can arrange a consultation with our dietician.

### **Discomfort**

Some pain after the procedure is expected for the first few weeks. In some cases, the pain is slightly worse during the first week or two following the procedure. This is a part of the natural inflammatory and healing response. During the first 3 days post-procedure, apply ice for 15-20 minutes 3 times daily. Thereafter, you may ice as desired or directed by your care team. In some circumstances your care team may prescribe pain medicine. If you are concerned about your pain, please contact your care team.

### **Bathing**

Do not soak/submerge the incisions in water for 1 week. You may take a shower.

### **Therapist-directed Soft Tissue Treatment**

Soft tissue work with and without tools may begin 8 weeks after procedure unless otherwise cleared by referring provider.



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## **Dressing Management**

- Remove dressing after 24-48 hours. Replace with simple bandage.
- Keep ACE wrap or compression sleeve on for 2 days. It should be snug, but not tight. If you see swelling below the wrap, the compression is too tight.
- Sterile strip bandages can be removed when they begin peeling off or after 7 days. Keep bandages and procedure area clean and dry.

## **Follow-up Appointment**

The patient will be scheduled for follow-up appointments approximately 2 weeks and 6 weeks after their procedure with their Doctor. The patient should be scheduled for their first follow-up therapy appointment at 2 weeks. The patient should be scheduled earlier if there are specific concerns the therapist has identified at the pre-procedure visit.

## **When patient should Contact Provider**

If you notice increasing redness, warmth, pain, fever, drainage from the wound, or other problems that concern you, call the office during normal clinic hours. Otherwise seek care at your local emergency room.