

**LCL and Avulsion Reconstruction  
POST-OPERATIVE INSTRUCTIONS  
Michael F Shepard M.D.  
(714) 634-4567**

**1. First Post – Operative Day**

- A. Continue ice pack every one to two hours while awake.**
- B. Pain medication as needed.**
- C. Keep splint clean and dry.**

**2. Second Post – Operative Day Until Return Visit**

- A. Continue ice pack as needed.**
- B. You may shower this evening. You will need to keep your op site(s) dry by covering wound with water-proof bandages (these can be purchased at your local pharmacy) when taking a shower. Do this for about fourteen days from surgery.**

**3. Suture Removal**

- A. Your sutures need to be removed 10 - 14 days from surgery at your first post op visit.**

**For Return Appointments**

- 4. Your 1<sup>st</sup> post-op visit will need to be scheduled for 7-10 days after surgery.**
- 5. If you have any problems or questions please call our office at (714) 634-4567 during offices hours 8:00-5:00. If you have a problem after hours the answering service will contact Dr. Shepard.**
- 6. Any activity that requires precise thinking and accuracy must be avoided for the first twelve hours after surgery and while taking pain medication, which includes operating machinery and/or driving a vehicle.**