



DR LEO CALAFI is a board certified Orthopedic Trauma Surgeon. He received his undergraduate studies degree from the University of California, Irvine and his medical degree from Northwestern University. He completed his orthopedic residency at the University of California, Davis followed by an orthopedic trauma fellowship at the Harborview Medical Center in Seattle. In addition, he was an international trauma fellow at the Hannover Medical School in Germany.



HALEY KIRKPATRICK, DNP, works with Dr. Calafi in general orthopedic trauma. She has a Bachelor of Science degree in nursing in addition to her FNP/PA from the University of California, Davis and DNP from the University of San Francisco. She offers treatment options, resources, and tools to support patients' decisions for care.

ORTHOPEDIC TRAUMA SURGERY

POSTOPERATIVE INSTRUCTIONS
IMMEDIATELY FOLLOWING SURGERY



The physicians of Golden State Orthopedics & Spine (GSOS) believe good medical care is a result of mutual understanding, respect and trust. In today's fast paced world, we recognize the importance of communication and spend as much time as possible to provide information, explaining condition and treatment options so that our patients can make informed decisions about their care.

Orthopedic Trauma Surgery Postoperative Instructions Immediately following surgery

Thank you for choosing Golden State Orthopedics and Spine. It is our absolute priority to give you the best care possible and optimize your recovery process. Below you will see general post operative care instructions from Dr. Calafi and Haley Kirkpatrick, DNP-trauma team. These are a general guide, and some instructions may be different based on your specific surgery and/or injury. We will inform you if any of these instructions are not appropriate for your situation. Please contact our office with any questions: 925-939-8585.

- It is always our intention to send in a pain medication prescription prior to your surgery. Please check with your pharmacy 2-3 days before your scheduled procedure date to ensure this has been done. If there is not a prescription available, please contact our office at 925-939-8585, preferably in the morning so we can process the prescription the same day.

PLEASE NOTE - WE ARE NOT IN THE OFFICE ON FRIDAY AND PRESCRIPTION/REFILL REQUESTS CAN NOT BE PROCESSED UNTIL THE FOLLOWING BUSINESS DAY, MONDAY. THIS ALSO APPLIES TO PAIN MEDICATION REFILLS.

- Your first post operative appointment will be in about 14 days after your procedure. Activity instructions/restrictions will be given after your surgery. As a general rule, it is best to elevate the affected extremity as much as possible, avoid weight bearing on the affected extremity, and keep activity to a minimum. More specific activity and weight bearing instructions will be discussed at your first post-operative visit.

- We strongly advise you take your pain medication before the nerve block wears off. Pain is much harder to control once it becomes very intense. This can be avoided by taking adequate pain medication for the first 24-48 hours after your procedure. Take your first dose (1 tablet) once you are home.

- Colace, or any other stool softener, can be utilized to help prevent opioid induced constipation. Colace can be purchased over-the-counter or we can send a prescription if you prefer.

- Please keep your dressing(s)/splint(s) on and try to keep it clean and dry. These will be removed at your first post operative visit. At that visit we will determine if your staples or sutures can be removed. Once they are removed, you can shower. Continue to avoid any water submersion activities such as

hot tubs or pools, until the incision completely heals. Do NOT put any creams, lotions, or ointments on the incision.

- Once the staples or sutures are removed, steri-strips will be placed over the incision. These can be removed 5-7 days after they are put on. It is okay if they fall off sooner.

We wish you a successful recovery.

Sincerely,

Dr. Leo A. Calafi and Haley
Kirkpatrick, DNP
Orthopedic Trauma Care