

Discharge Orders

Name:

Date:

- 1) Discharge on:
- 2) Activities:
 - Toe Touch Weight Bearing on _____ side
 - Weight Bearing As Tolerated on both sides
- 3) Wear thigh high compression hoses on both legs
 - 1) may remove for an hour three times a day and replace
 - 2) Continue use of hose for six weeks
- 4) Daily dressing changes
 - 1) continue dressing changes for one week.
 - 2) if there is no drainage at one week, may leave dressing off
- 5) Keep incision dry for one week
 - 1) if there is no drainage in one week, may start to get incision wet in shower
 - 2) avoid submergence under water (bath tub or pool) for four weeks
- 6) Take coumadin as ordered today (see chart)
 - 1) Get PT/INR blood draw on _____
- 7) CPM 0 to full flexion as tolerated
 - 1) increase flexion as tolerated until patient has full flexion
 - 2) use for about six hours total daily
 - 1) can divide the hours up
- 8) use CPM for two weeks after discharge, then may stop
- 9) avoid placing pillows under the left knee while in bed
- 10) PT orders: please teach patient how to do heel props and instruct patient to do them for 15 minutes a day, up to four times a day
- 11) Follow up with me in the office in two weeks from now
 - 1) Call 314-721-7325 for an appointment
- 12) Home health nursing for home physical therapy, assistance with ADL's and blood draws as outlined above.
- 13) Call with questions: 314-721-7325
- 14) Rx's on chart
- 15) Please give these orders to the patient so he can show HHN.

Jason Browdy, M.D.