

# Pre-Operative

1. Pre-operative testing (Labwork, EKG, medical clearance) must be completed within 30 days prior to your scheduled surgery and the results must be received no later than 24 hours prior to your scheduled surgery.
2. You will **NOT** be permitted to drive after your surgery. You must have a responsible adult accompany you during your entire visit at the surgery center and he/she must drive you home after you have been discharged. Someone should be available to stay with you for several hours after discharge.
3. If you are under 18 years of age, a parent or legal guardian **MUST** accompany you and he/she will not be allowed to leave the surgery center while you are under my care.
4. Do **NOT** take aspirin or anti-inflammatory drugs (i.e. Motrin, Aleve, Advil) 2 weeks prior to surgery and 2 weeks after surgery, unless otherwise instructed by your physician.

## 24 Hours Before Surgery

1. Do **NOT** eat or drink after midnight prior to surgery - this includes candy, lozenges, mints and gum.
  2. Do **NOT** smoke for at least 24 hours prior to surgery. It is best to avoid smoking 1 week prior to surgery and 2 weeks following surgery.
  3. A staff member from the surgery center will call you the **day before your surgery** to confirm your arrival time to the surgery center.
- If you have not received a confirmation call by 3:00 PM on the day prior to your surgery, please contact the appropriate surgery center.

## Morning of Surgery

1. Take only medications as prescribed with only a **SIP** of water (unless otherwise instructed).
2. Bathe as usual. Avoid heavy lotions or moisturizers. You may brush your teeth.
3. Do **NOT** wear make-up, body piercings, jewelry, or hair spray. Leave all valuables at home. We will not be held responsible for any valuables that you bring to the surgery center on the day of your surgery.
4. Wear comfortable clothing, elastic waist shorts (no zipper), sports bra, and shoes that are easy to remove. For shoulder and arm surgery patients, bring an XL button-down shirt to go over your sling.

## Post-Operative Instructions for Knee Arthroscopy

In order to achieve the best possible result, active patient participation is extremely important during this period of time. The following instructions are designed to help you achieve the best possible outcome following your surgery.

**ACTIVITY:** Weight bearing as tolerated. Crutches may be used to assist ambulation during the immediate post-operative period. You may discontinue using crutches when comfort permits.

**DRESSING:** You will have a large dressing covering your surgical sites when you are discharged from the hospital. A small amount of bloody drainage on the dressing is not unusual and this can be covered with a clean 4x4 gauze and ACE wrap. You may remove your dressing on the third day following your surgery; do not remove the steri-strips directly covering your incisions. Once you have removed your dressing, you may cover your incisions with Band-aids.

**BATHING/SHOWERING:** You may get your surgical incisions wet once your dressing has been removed on the third day following your surgery. You may shower and gently wash your incisions with soap and water; do not soak in a tub, hot tub, or pool as this may increase your chance of post-operative infection. During the period of time that you must keep your incisions dry, you will need to place a large plastic bag or Saran Wrap over the operative sites and firmly secure the edges with tape. Avoid soaking in hot tub, pool, lake or pond as this may increase your chance of possible infection.

**COLD THERAPY UNIT/ICE:** A cold therapy unit or ice should be applied to the outside of your dressing at all times during the first 48 hours after surgery, and frequently during the first week following surgery. After the first week, you may consider using your cold therapy unit or ice after rehabilitation sessions or when swelling occurs. Do not apply ice directly to the skin.

**POST-OPERATIVE SWELLING:** Post-operative swelling can significantly slow your recovery time from surgery. Swelling is markedly worsened when you stand or walk for a prolonged period of time. For that reason, please limit standing and/or walking if swelling occurs. In addition, elevate your leg and apply your cold therapy unit or ice.

**EXERCISE:** You may begin the following home exercises the day after surgery. These should be performed at least 5 times every hour when you are not sleeping.

1. Quad sets: push the back of your knee into the bed and hold for a count of 10.
2. Straight leg raises: lift leg off the bed for a count of 10.
3. Hamstring sets: push heel into bed for count of 10.
4. Heel slides: sit on a firm surface with your leg straight in front of you. Slowly slide the heel of your operative leg toward your buttock by pulling your knee to your chest when you slide.
5. Ankle pumps: push back of ankle up and down multiple times to encourage blood flow.

**MEDICATIONS:** For pain, you may take \_\_\_\_\_.

**Pain Medication Tips:**

- Do not drive while taking pain medications.
- Do not drink alcoholic beverages while taking pain medications.
- Pain medication should be taken with food as this will help prevent any stomach upset.
- Often pain medications will cause constipation. Eat high fiber foods and increase your fluid intake if possible. To alleviate constipation, you can purchase a stool softener at any pharmacy and follow the recommended directions on the bottle.

You should resume taking your normally prescribed medications unless otherwise directed.

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**SPECIAL INSTRUCTIONS:** Please contact my office for further instruction if you develop fevers greater than 101.5 degrees Fahrenheit, persistent drainage from your surgical incisions, intractable pain, or persistent numbness/tingling in your leg.

**FOLLOW-UP APPOINTMENT:** Your follow-up appointment will be scheduled when your surgery is scheduled. If you need to verify or change your post-op appointment, please call.

## POST OP INSTRUCTIONS FOR ACL RECONSTRUCTION

In order to achieve the best possible result, active patient participation is extremely important during this period of time. The following instructions are designed to help you achieve the best possible outcome following your surgery.

### ACTIVITY:

Your brace is to be worn AT ALL TIMES WHEN WEIGHT BEARING during the FIRST 6 WEEKS after surgery.

### CRUTCHES:

Should be used to assist ambulation during the immediate post-operative period.

You may discontinue using your crutches when you can perform straight leg raises without difficulty and you can ambulate without a limp.

A CPM (constant passive motion) machine will be used for approximately one week after surgery. You should spend a total of 8–10 hours/day in the CPM with the time divided into several 2 hour sessions.

DRESSING: You will have a large dressing covering your surgical sites when you are discharged from the hospital. You may not remove this dressing. A small amount of bloody drainage on the dressing is not unusual and this can be covered with a clean 4x4 gauze and ACE wrap.

BRACE: The brace should be locked in extension at all times except when you are in the CPM machine and when you are performing your home exercise program. You may remove the brace while using the CPM machine, however you must wear the brace when performing the home exercise program (you must unlock the brace in order to do this).

COLD THERAPY: A cold therapy unit or ice should be applied to the outside of your dressing at all times during the first 48 hours after surgery, and frequently during the first week following surgery. After the first week, you may consider using your cold therapy unit or ice after rehabilitation sessions or when swelling occurs. Do not apply ice directly to the skin.

BATHING/SHOWERING: You may not get your surgical incisions wet during the first week after surgery. During the period of time that you must keep your incisions dry, you will need to place a large plastic bag or Saran Wrap over the operative sites and firmly secure the edges with tape.

POST-OPERATIVE SWELLING: Post-operative swelling can significantly slow your recovery time from surgery. Swelling is markedly worsened when you stand or walk for a prolonged period of time. For that reason, please limit standing and/or walking to 15–20 minutes out of every hour. This will help to minimize swelling and speed your recovery. If you experience significant swelling, elevate your leg and apply your cold therapy unit or ice.

[ ] EXERCISE: You should perform your initial post-operative exercises exactly as instructed. Don't start anything new, and don't leave anything out. This is extremely important! Failure to perform these exercises may result in stiffness, atrophy, and ultimately a poor outcome. On the other hand, you could potentially cause damage if you do too much too soon. Please perform your exercises exactly as you were instructed! You may begin the following home exercises the day after surgery. These should be performed 5-10 times every hour when you are not in the CPM machine or sleeping.

[ ] Quad sets: push the back of your knee into the bed and hold for a count of 10.

[ ] Straight leg raises: lift leg in knee brace off the bed for a count of 10.

[ ] Hamstring sets: push heel into bed for count of 10.

[ ] Heel slides: sit on a firm surface with your leg straight in front of you. Slowly slide the heel of your operative leg toward your buttock by pulling your knee to your chest when you slide.

[ ] Ankle pumps: push back of ankle up and down multiple times to encourage blood flow.

MEDICATIONS: Your post-operative regimen consists of several medications. For pain, you may take \_\_\_\_\_ Pain

Medication Tips: Do not drive while taking pain medications. Do not drink alcoholic beverages while taking pain medications. Pain medication should be taken with food as this will help prevent any stomach upset. Often pain medications will cause constipation. Eat high fiber foods and increase your fluid intake if possible. To alleviate constipation, you can purchase a stool softener at any pharmacy and follow the recommended directions on the bottle. You should resume taking your normally prescribed medications unless otherwise directed.

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SPECIAL INSTRUCTIONS: Please contact my office for further instruction if you develop fevers greater than 101.5 degrees Fahrenheit, persistent drainage from your surgical incisions, intractable pain, or persistent numbness/tingling in your leg.

FOLLOW-UP APPOINTMENT: Your follow-up appointment will be scheduled when your surgery is scheduled. If you need to verify or change your post-op appointment, please call the office.

## **Post-Operative Instructions**

### **Rotator Cuff Repair, Labral Repair, Capsular Reconstruction**

In order to achieve the best possible result, active patient participation is extremely important during this period of time. The following instructions are designed to help you achieve the best possible outcome following your surgery.

**ACTIVITY:** You will be placed in a sling after surgery. The sling is generally used for the first 4 – 6 weeks following your procedure. This should be worn at all times initially. You may type on a keyboard or write at a desk as soon as you feel comfortable, as long as you remain in your sling. You may remove your sling for physical therapy and bathing/hygiene. Absolutely **NO LIFTING, PUSHING, PULLING, or OVERHEAD ACTIVITY** is permitted until allowed by your physician.

**DRESSING:** You will have a large dressing covering your surgical sites when you are discharged from the hospital. You may remove this dressing on the third day following your surgery. A small amount of bloody drainage on the dressing is not unusual. If your incisions continue to drain small amounts, cover with a clean 4x4 gauze and tape. If no drainage is seen, you may cover your incisions with band-aids.

**COLD THERAPY:** Additionally, you may have a cold therapy unit in place on the outside of your dressing. A cold therapy unit or ice should be applied to the outside of your dressing at all times during the first 48 hours after surgery, and frequently during the first week following surgery. After the first week, you may consider using your cold therapy unit or ice after rehabilitation sessions or when swelling occurs. Do not apply ice directly to the skin.

**BATHING/SHOWERING:** You may not get your surgical incisions wet during the first 3 days after surgery. You will have a waterproof dressing in place following surgery. This may be removed on the fourth day following surgery. Your incisions may get wet in the shower on the fourth day following surgery. If your incisions accidentally get wet during the first 3 days, dry them quickly and notify your physician.

**POST-OPERATIVE SWELLING:** Post-operative swelling can significantly slow your recovery time from surgery. If you experience significant swelling, elevate your arm and apply your cold therapy unit or ice as previously instructed.

EXERCISE: You should perform your initial post-operative exercises exactly as instructed. Don't start anything new, and don't leave anything out. This is extremely important! Failure to perform these exercises may result in stiffness, atrophy, and ultimately a poor outcome. On the other hand, you could potentially cause damage if you do too much too soon. Please perform your exercises exactly as instructed! In general, you will begin exercises with a physical therapist during the second week following your surgery.

MEDICATIONS: You may take \_\_\_\_\_.

Pain Medication Tips: Do not drive while taking pain medications. Do not drink alcoholic beverages while taking pain medications. Pain medication should be taken with food as this will help prevent any stomach upset. Often pain medications will cause constipation. Eat high fiber foods and increase your fluid intake if possible. To alleviate constipation, you can purchase a stool softener at any pharmacy and follow the recommended directions on the bottle. You should resume taking your normally prescribed medications unless otherwise directed.

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SPECIAL INSTRUCTIONS: Please contact my office for further instruction if you develop fevers greater than 101.5 degrees Fahrenheit, persistent drainage from your surgical incisions, intractable pain, or persistent numbness/tingling in your arm. FOLLOW-UP APPOINTMENT: Your follow-up appointment will be scheduled when your surgery is scheduled. If you need to verify or change your post-op appointment, please call.