

Procedure: _____

Procedure Date: _____

The surgery center will contact you the day prior to surgery to give you the exact arrival time. All patients having out-patient procedures must have a ride home as well as someone to stay with them throughout the first night. Please be sure to NOT EAT OR DRINK ANYTHING after midnight the night before surgery. This does include water, coffee, mints, and gum. You may brush your teeth without ingesting or drinking afterwards. Please stop all anti-inflammatory medications at least 7 days prior to surgery.

Clothing

For Upper Extremity Surgery please wear loose fitting front button or front zip shirt, short sleeve may be easiest. For Lower Extremity Surgery please wear shorts, consider bring loose fitting athletic pants that can fit over brace/dressing.

Post Operative Medications:

PLEASE NOTE NO REFILLS WILL BE GIVEN AFTER OFFICE HOURS OR ON WEEKENDS.

For Pain:

Norco: 5/325 7.5/325 10/325

Take 1-2 tablets every 4-6 hours as needed for pain

For Nausea:

Zofran: 4mg Oral Dissolving Tablet

Place one tablet under tongue and allow to dissolve every 8 hours for nausea.

DVT Prophylaxis:

Aspirin: 325mg

Medication is over the counter. Take 1 tablet daily for 2 weeks post operatively.

Stool Softener:

Colace: Please pick up over the counter. Take as directed on package.

Antibiotics:

Keflex: 500mg

Take one tablet every 6 hours until complete.

Other:

Equipment:

Crutches: Use as instructed. When standing rest your foot on the floor but only transfer weight onto extremity if allowed.

CryoCuff/Ice: Helps to control swelling and ease pain. Never ice >30 minutes. Please always have a towel between ice and skin (no thinner than a wash cloth) to prevent frostbite.

Brace/Sling: Wear at all times until instructed otherwise.

Continuous Passive Motion Machine: If required, the device will be delivered to your home. Typically, the goal is for 6-8 hours per day for 6-8 weeks.

TED Stockings: You will leave with TED stockings on to control swelling and help with blood flow. Please continue to wear for 10 days post op. You can purchase new pair at most pharmacies.

Post-Operative Visits:

Please Schedule the following Visits:

Immediate post op visit

POD #10-14 with Dr. Young for suture removal

6 weeks post op with Dr Young for clinical check up

Post Operative Recommendations

Please ice and elevate as much as possible to control pain and swelling. The extremity needs to be up at heart level when elevating. Patients undergoing upper extremity surgery may find sleeping in upright position more comfortable. Please do not get incisions wet until the sutures have been removed. Contact the office with any questions (314-721-7325).