



ORTHOPEDIC SPECIALISTS

PRE AND POST-OPERATIVE INSTRUCTIONS

1. Where and When:

- Your Surgery is scheduled for _____
- Your Surgery will take place at _____
- Your first post-operative appointment date _____

Please contact Elizabeth-Anne Smith, CCMA and Surgery Scheduler for Dr. Boltuch at 727-938-1935 x 216 or Elizabeth@palmharborortho.com if you have any questions or concerns

2. Medication Cessation Instructions:

- **No food after midnight the night before your surgery with the exception of:**
 - Beta Blockers
 - Cardiac Medications
 - Asthma Medications
 - Psychiatric Medications
- **Stop all of the following medications 1 day before your surgery:**
 - Diuretics (ie, HydroChloroThiaZide, etc.)
 - ACE Inhibitors (ie, medications ending with -pril)
 - Antiotensin Receptor Blockers (ARB) – (ie, medications ending with -sartan)
- **Stop all of the following medications 5-7 day before your surgery:**
 - Anti-inflammatories (ie, Advil/ibuprofen, Aleve/naproxen, aspirin)
 - Multi-vitamins
 - CoQ10
 - Fish oil
 - Herbal supplements 5-7 days prior to surgery

3. Important Medications:

- **Pain Medication:** Please take as directed.
 - ☐ **Oxycodone:** If Oxycodone without Tylenol is prescribed, you are able to take 1-2 pills as needed, but remember to do this as sparingly as possible. Tylenol and Ibuprofen or Aleve can be added for breakthrough pain.
 - ☐ **Oxycodone/Acetaminophen:** If taking Oxycodone with acetaminophen, two pills can be taken once throughout the day, if needed; otherwise, one pill should be taken every 4-6 hours as needed. Do not supplement with extra Tylenol as this is already in your medication. Ibuprofen/Aleve can be added for breakthrough pain.

- **Celebrex:** Is a strong anti-inflammatory given for 5 days following certain procedures. If given, please take 1 tab 2 times per day for **5 days only**. If you have kidney disease or are on blood thinning medication, please discuss with your primary care physician prior to taking this medication. If you have severe GERD or a history of stomach ulcers this medication should be avoided. Please do not take it if you are allergic or develop an allergy to this medication.

- **Antibiotics:** IV Antibiotics will be administered just prior to your surgery. If having a joint replacement surgery, further antibiotics will be administered through an IV if staying in the hospital. If you have an **outpatient joint replacement**, a prescription will be given to you to take for one week following the surgery. This is most often **Doxycycline** which you should take twice-a-day (morning and night). Please remember to **stay out of the sun** while taking Doxycycline.
- **Nausea:** Occasionally, one may develop nausea following anesthesia or from the narcotic medication. **Zofran (Ondansteron)** is an anti-nausea medication. You take one tab every 6 hours as needed for nausea.
- **Itching/Sleeping:** Both anesthesia and narcotic pain medication may cause itching in certain individuals. If this occurs, take an over-the-counter **Benadryl**. This medication also can help with difficulty sleeping. While it is rare for Benadryl to interact with other medications, it is very dehydrating. Please make sure to hydrate often.



- **Throat Soreness:** If your throat feels sore following your intubation, an over-the-counter **throat spray or lozenge** (ie, Cepacol) will help to alleviate this discomfort. You may also try jello or pudding to soothe your throat.



- **Constipation:** It is common to get constipated between anesthesia and narcotic pain medications. It is recommended that you take an over the counter stool softener or laxative until you have a normal bowel movement.



4. **Can a nurse and therapist come to my home after surgery?** If home health care is deemed necessary for your surgical procedure, it will be arranged prior to your surgery date. The social workers will arrange home health care through your insurance. The home health care agency will be contacting you to schedule their visits. This entails nursing to help change your wound dressing (usually every other day). An occupational therapist will also be asked to come to your home to ensure you are wearing the immobilizer and performing the exercises correctly.

5. **Common Inquiries:**

- **Bruising:** An expected occurrence following any surgical procedure.
- **Swelling:** This is normal following any surgical procedure. The swelling may gravitate down the entirety of the arm, including the hand and fingers. This is especially common in arthroscopic procedures, where saline is used to flush the area during the surgery.

For Shoulder Patient's only:

- **Ice Packs/ Heat Pads:** It is our experience that icing the shoulder following a surgical procedure helps to alleviate some of the discomfort. You will be given the option to buy an ice machine which is beneficial to help control postoperative pain and inflammation. Following your procedure, **you may ice the surgical site for 20 minutes every hour**. Once you have begun to rehabilitate your shoulder, you may choose to alternate between heat and ice. Heat relaxes the muscles, allowing for an easier stretch. It is always good to stretch following a hot shower for this reason. Following your exercises, placing an ice pack on your shoulder or use the ice machine to help to decrease any inflammation that may have occurred
- **Sleeping:** It has been told to us by previous patients, that a reclining chair offers the most comfortable position to sleep in. This is information that we gladly pass on to our patients in an effort to make your post-operative period as comfortable as possible. However, **this is not required for the surgery**. You may sleep however you are comfortable. If your procedure requires the use of a shoulder immobilizer, this must be slept in. You may find it comfortable to sleep with a pillow propped under the elbow and forearm for comfort.
- **Shoulder Immobilizer/Ultra-slings:** If your procedure requires the use of a shoulder immobilizer or ultra-sling, this is to be worn at **all** times, including sleeping, with the exception of bathing, dressing, and doing your specific exercises.

6. **Showering:**

- **Arthroscopic Surgeries:** Three (3) days following the surgery, you may remove your bandage and place **waterproof Band-Aids** over the incisions. You may shower at this point, carefully dry the operated area and replace the Band-Aids.
- **Open Surgeries:** Please do not get the incision wet until seen in the office which is typically 10-20 days from surgical date.