

General Post-Operative Instructions

Medication

Some medications will be prescribed to you prior to your surgery. It is important to fill these medications in the days leading up to surgery so they are available to you as you are coming out of anesthesia. Medications that we commonly prescribe before surgery include:

- Celebrex – Celebrex is a strong anti-inflammatory medication used to promote healing and reduce pain.
- Norco – Norco is a narcotic pain medication. Common side effects include nausea, constipation, itchiness, and a slightly sleepy or intoxicated feeling. Please note that you **CAN NOT** drive or operate machinery within 12 hours of taking this medication. The state of Alaska considers driving under the influence of narcotic pain medications to be a DUI.
- Zofran – Zofran is a medication used to prevent nausea and vomiting.
- Colace – Colace is a medication used to prevent or treat constipation.
- Aspirin – Aspirin is prescribed after surgery to prevent post-operative blood clots.

DO NOT take any other medications for pain or inflammatory without first consulting your doctor. This includes taking any **NSAIDS** (Ibuprofen (Advil), Naproxen (Aleve), Aspirin (including low dose aspirin, Celebrex, Meloxicam, Ketorolac, etc.) starting a week before surgery and for the duration of the course of the above medications. Please take all prescribed medications only as directed.

Wound Care and Hygiene

Starting at pre-op and continuing through the wound healing process, proper wound care and hygiene is very important in preventing infection.

- **BEFORE SURGERY:**
 - Take a thorough shower the morning of surgery. Make sure to avoid any perfumed soaps or lotions.
 - Wear loose, comfortable clothing that will accommodate any post-operative bandages. Post-operative bandages are very bulky so a loose t-shirt and sweat pants is preferred.
 - Take your normal medications with the exception of any NSAIDS.
 - Brush your teeth.
 - Do not wear any makeup, perfume or scented products, nail polish. Remove any jewelry including body jewelry.

- You cannot have anything to eat or drink after **MIDNIGHT** the night before surgery except water. If you eat or drink anything else your surgery may be rescheduled. You must stop drinking water **2 hours** before you are scheduled to arrive for surgery.
- **AFTER SURGERY:**
 - You will have a bulky surgical dressing applied to your surgical site. It is imperative that this dressing be kept clean and dry at all times. Should your dressing become wet or soiled please contact the office immediately at 907-456-3338 for further instructions.
 - Some dressings will include a hard splint. This splint must be left in place. You can adjust your ace bandages for comfort but do not remove any of the dressing. If the dressing or splint continues to cause pain or discomfort after adjusting the ace bandages, please contact our office.
 - Do not under any circumstances submerge or remove your surgical dressing, steri-strips, or sutures.
 - Bruising is very common after surgery. If you notice any extreme swelling, bruising, or pain either near your surgical site or in either of your arms or legs please contact the office immediately.

Post-Operative Appointments

Your first post-operative appointment will be scheduled two weeks from your date of surgery. At this time your incision will be assessed for suture or staple removal and you will follow up with your surgeon. If you have any questions or would like your surgical dressing changed during this two-week period, please contact the office.

Please continue to wear or use any prescribed durable medical equipment (crutches, slings, braces) as prescribed. Do not discontinue use unless otherwise directed by our office.

REMEMBER – You cannot drive or operate machinery within 18 hours of being under anesthesia or within 12 hours of taking a narcotic pain medication. You must have someone available to bring you home from the surgical center and to stay with you for 24 hours after surgery.

If you have any questions please contact our surgical planner Cassy Freeman by phone at 907-456-3394 or by email at orthotech@mckinleyortho.com. If **AFTER HOURS** please call our message line at 907-987-0575.