



Post op meds needed

**Orthopaedic Specialists
502-212-BONE (2663)**

Please read carefully and follow the circled orders!!!

1. Discharge to home when comfortable
2. Post-operative appointment:

Date: _____ @ _____ am / pm Locations: **BHE..... 4001 Kresge Way, Suite 330**

J-TOWN.....10216 Taylorsville Rd, Suite 500

3. Regular diet

4. How to control your pain

- a. When you arrive at home after surgery take 2 pain pills UNLESS you've had a knee arthroscopy or a shoulder manipulation.
- b. Take two more pain pills in 4 hours after your first dose, even if you are not having pain. It is important to get some pain medicine circulating in your blood stream before the numbing medicine starts to wear off. UNLESS you've had a knee arthroscopy or a shoulder manipulation, in which case you should take your pain medication as instructed on the bottle.
- c. Take the medication before you are having a significant amount of pain.
- d. Swelling causes a significant amount of pain. To decrease your swelling, apply ice to the area. Continue to use ice until most of the swelling is gone: 3 to 7 days.
- e. Keep the area that was operated on elevated. Wiggling your fingers or toes.
- f. If you need a refill on your pain medication you must call during the week. Call 1 to 2 days before you anticipate running out of medication. Pain medication will not be refilled over the weekend. Medication will not be filled after 4:00 pm on Monday through Thursday and on Fridays after noon. Please call during regular business hrs.
- g. Please report any severe calf pain, chest pain or shortness of breath. Call the office and speak with your physician. If it is after hours please call the physician on call at 502-212-2663 or go to the Emergency Room for further evaluation.
- h. If you have received a Polar Care visit www.louisvillebones.com. The Youtube link at the top right hand corner of the home page will show you videos of how to use the system.

5. Wound Care

- a. Keep the dressing dry. The most important part of wound care is preventing infection. The skin has bacteria that naturally live on it. Bath or shower water can transport the bacteria to the surgical wound.
- b. Change the dressing in 2 to 3 days. Replace the dressing with a clean dressing. Please purchase some 4 x 4 gauze pads at the drug store to place over the wound. Change the dressing daily. Keep a clean dressing on for 5 to 7 days.
- c. Do not remove the little white tape that is directly over the wound(s). You may clean this area with alcohol. Do not put any ointment on the wound.
- d. Do not get the wound area wet until you follow up in the office for your first post-operative visit. The wound must heal before bath/shower water can touch area.
- e. Keep the wound covered until it is completely healed. It is important to prevent bacteria that are in the home, on clothes, bed sheets and pets from infecting the surgical wound.
- f. Cigarette smoke & smoking increase the risk of infection and slow the wound healing process. Cigarettes contain high doses of nicotine that cause small blood vessels to constrict and reduce blood flow to the wound, and increase the risk of infection. If you smoke or are around people that do, then you are slowing the wound healing process and increasing the risk of infection.
- g. If at any time during your recovery there is any wound drainage, increased redness at the wound, fever or increasing pain, contact the physician as soon as possible for further directions.

Shoulder Surgery Patients Only

1. You may move your arm about to your side as comfort allows immediately after your surgery. Remove your arm from the sling several times a day to bend and straighten your elbow to prevent stiffness and decrease discomfort. **DO NOT** use your own muscle strength to raise your arm more than 30 degrees away from your body as this may pull on the sutures used to repair your shoulder. In order to clean under your arm or to put on a shirt, you may lean forward the affected side, allowing the arm to swing out and away from your body.
2. Start moving your elbow and wrist immediately. Please wiggle your fingers. By moving the elbow, wrist and fingers your swelling will diminish which in turn will decrease your pain.
3. You may find the best way to sleep at night is in a recliner type chair with pillows propped under your shoulder. Pillow placed on the back of the shoulder will help to decrease pain when trying to sleep. You may need to use this sleeping technique for 2 to 4 weeks.
4. You may shower immediately as long as the wound remains dry. Cover the wound with your favorite type of plastic wrap and you can secure this to the skin with tape. Bath or shower water is **NOT** to touch the wound for 2 weeks.
5. 2 days after surgery you may clean the wound daily with peroxide or alcohol for 2 weeks. If you have white steri-strips, leave them in place. **Do NOT** remove them. They will be removed at your post op follow up visit.
6. Post Op Exercises: Please see my website-Louisvillebones.com and reference under “For My Patients”, then postoperative instructions, there is a list of shoulder exercises. Do the following exercises as tolerated based on the procedure you’ve had done. At least attempt the exercises twice a day, doing each exercise for about a minute or two. The website Youtube link at the top right hand corner of the home page will show you videos of how to do the exercises correctly.
www.louisvillebones.com & www.youtube.com:Louisville bones are 2 very helpful tools!

Rotator Cuff Repair

1. Sternal Lift
2. Elbow Extension
3. Lawn Mowers
4. External Rotation at your side

Slap/Bankart Repair

1. Sternal Lift
2. Elbow Extension
3. Lawn Mowers
4. Bowling

Knee Surgery Patients Only

1. As stated above, you may change your dressing after 2-3 days but put the ace wrap back on and wear it until you are seen back in the office. If the ace wrap gets any blood on it please replace this during the first dressing change. Ace wraps can be purchased at a pharmacy.
2. Start range of motion exercises and straight leg raise exercises 1 to 2 days after surgery
3. Please pump your ankle and wiggle your toes. This will help to reduce swelling and in turn help to decrease your pain.
4. Crutches: Use as needed, weight bearing as tolerated / Use until seen in office: no weight bearing / toe touch weight bearing
5. If you are experiencing a significant amount of swelling and are unable to reduce the amount, please purchase a TED stocking at any pharmacy.
6. Change your ice pack every 2 hours (while awake) until most of the swelling is gone, this may take 3 to 5 days.
7. If you had a knee arthroscopy, you may resume activities as tolerated as soon as the day after surgery. Use pain as your guide to slowly work yourself back to your regular daily activity, you may put weight on your leg as tolerated.

Shoulder and Knee Physical Therapy Orders

Physical Therapy Orders

- a. Start P.T. today (patients undergoing a manipulation) Your P.T. appointment:

Date _____ Time _____ Location _____

Cast/Splint Care:

1. Keep your cast/splint dry
2. Wear your sling. May take off for personal care.
3. Wiggle your fingers or toes on the operative side
4. Keep the operative side elevated above your heart. This will help to reduce the swelling which in turn will significantly reduce your pain
5. You may shower. Cover the cast/splint with a plastic bag and secure the bag with a thick rubber band or duct tape. If cast/splint does get wet: dry it with a blow dryer.
6. Use your crutches. Do not place weight on the operated side.

Doctor’s Signature _____

(Revised December 2015)