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### **Perioperative Instructions**

**Surgery Date:** \_\_\_\_\_

**Time of Surgery:** Surgery time is not finalized until 1-2 days prior to surgery. If you have not received a phone call after 3 p.m. from surgery center the day before your surgery, please contact them.

**Where to Report for Surgery:** \_\_\_\_\_

#### **Anti-inflammatories and Herbal Supplements**

- All aspirin and NSAID products (Advil, Aleve, Meloxicam, Celebrex, Diclofenac) must be stopped 7 days prior to surgery.
- All herbal medications, diet supplements and vitamins should be stopped 7 days prior to surgery.

**Instructions Before Surgery - You will receive a phone call from the surgery center to again review the below instructions with one of the nurses.**

- Do not eat or drink any solid foods, milk or creamer products 8 hours prior to surgery
- No clear liquids within 4 hours of surgery - clear liquids include water and Gatorade.
- Take only the medicines you have been instructed to take
- Do not smoke, chew tobacco, use e-cigarettes, cannabis vapor gas or recreational drugs the day of your surgery. No marijuana products for 24 hours prior to the day of surgery
- Consumption of alcohol is not recommended within 24 hours of surgery
- If you become ill before your surgery (cold, fever, upset stomach, etc.) or if you have any questions, please contact Dr. Davis' team as soon as possible

#### **General Instructions**

- Shower within 24 hours prior to your procedure, preferably the night before your procedure with an antibacterial soap
- Do not put anything on the skin after you shower, such as deodorant, lotion, creams, or perfume/cologne.
- Do not wear any make-up especially eye make-up or lipstick
- Use a clean towel after your shower.
- Place clean sheets on your bed the night prior to your procedure
- Do not wear jewelry, body piercings or bring valuables
- Wear loose-fitting comfortable clothing, after surgery you may have a large thick dressing on the surgical area, be sure that the leg or sleeve openings are large enough to accommodate this.
- Secure long hair with non-metal fasteners

- Wear your glasses instead of contacts and bring a case for your glasses

### **Outpatient Surgery**

- Arrange for a ride home in advance. You must be transported home under the care and assistance of a responsible adult. No ride-share services may be used. You will need to arrange to have someone stay with you for the first 24 hours following surgery.

### **Medication Refills**

- A minimum of 72 hours is required in order to process your request for a prescription refill.
- All refills requests must be made during regular office hours, Monday-Friday, 8am-4pm, so please plan accordingly especially for weekends.
- Narcotic prescriptions are for short-term use of pain management; they will not be refilled after a certain point from surgery.

### **Cold Therapy Devices (Ice Machine)**

- If you are interested in using cold therapy to assist in the management of post-op pain and swelling, there are multiple options available. Please be aware that most insurance companies do not cover or reimburse for these devices.
- Please visit the BoulderCentre OrthoShop for Durable Medical Equipment needs

### **What to Expect After Surgery**

Most patients will have a 1-4-day post op scheduled. At this visit, we will review dressing care and your surgical pictures, as well as intra-operative findings if applicable.

### **Diet**

- Resume your diet gradually. Begin with clear liquids and gradually progress as you feel ready.
- Make sure you drink plenty of water and eat high fiber foods while taking narcotic pain medication to help avoid constipation. We recommend starting a stool softener or laxative if taking narcotic pain medications.

### **Surgical Site Care**

- Please see your discharge instructions regarding dressing recommendations. This will be provided by the surgery center at time of discharge from surgery or on your day one post-operative appointment

### **Brace or Sling**

- If you were placed in a brace or sling post operatively, please keep in place at all times unless instructed otherwise. If you are in a sling you may remove it to get dressed, shower, and for PT. If you are in a leg brace you will need to keep this dry when showering, using a trash bag/tape or an over-the-counter cast protector available at most pharmacies.

## **Pain Management**

### **Nerve Blocks**

- To help control your pain after surgery, they may give you a nerve block if you are an appropriate candidate.
- The time a nerve block lasts varies from person to person. Often they will last between 12 and 24 hours but could last up to 2 days. You may not be able to move your blocked extremity; this is considered normal for the first 24 hours.
- As the block medication wears off, you may feel a tingling sensation as the nerves start to wake up. Keep your operative extremity protected and safe while it is numb. Avoid heating, excessive icing, scratching, etc. until the block is completely worn off.
- Please use ice machine as directed, or ice packs 20 min on, 20 min off and never applied directly to skin to prevent frost bite.

### **Pain and taking pain medication:**

- You should take your pain medication as it has been prescribed by your physician.
- Begin taking your pain medication before your block wears off and take it routinely for the first day or two.
- You can discontinue your narcotic pain medications as you feel the pain is tolerable. Narcotics are "pain masking" medications, and do not do anything to actually treat the pain. So if your pain is tolerable, we recommend stopping narcotics as soon as possible.
- Do not drink alcohol, use recreation drugs or prescription sedative medications when taking pain medication.
- To avoid the risk of nausea, please make sure that you are taking your medication with food. You will receive an anti-nausea medication to use as needed if you are experiencing nausea/vomiting.
- It is recommended that you take an over the counter (OTC laxative (e.g., Colace)) while on narcotic pain medication to keep your bowel movements regular.
- Itching is a common side effect to pain medication usage. This is a side effect of narcotics, not an allergy. Benadryl can be used to combat the itching. If you have no relief with Benadryl, contact your provider and they can prescribe you a stronger antihistamine.

### **Physical Therapy**

- Almost all surgeries with Dr. Davis require physical therapy post operatively. You can choose the location of your therapy after surgery. We recommend doing therapy at a site convenient to you. Please contact your therapy site of choice to set up appointments. The order is written for 1-2 sessions weekly for 12 weeks. Some patients require more or less visits than this depending on the surgery and recovery.
- Unless otherwise directed, please try to have your first therapy appointment scheduled within 1-2 days after surgery.

### **Positioning and Elevation to Reduce Swelling**

- Swelling occurs after any surgery and can be treated with ice and elevation.
- If you had lower extremity surgery (knee) your extremity should be elevated above the level of your heart (i.e., toes above the nose). Elevate as much as possible for the first 7

days after your surgery. If you are in a sling after shoulder surgery, we recommend frequent hand pumps to help with swelling.

- Use ice packs intermittently (20 minutes on, 20 minutes off) to reduce pain and swelling, however, use extreme caution with icing if your block is still in effect. Make sure to have a barrier between your skin and the ice pack to avoid frost bite.

### **Blood Clots**

- Although rare, please be aware and utilize the recommendations below to avoid getting a blood clot.
- Get up hourly during the daytime and walk across the room to keep the blood circulating in your legs.
- Take your prescribed blood thinner as directed (for most people without increased risk of clots this is the Aspirin prescribed for 2 weeks after surgery)
- Use your compression socks provided by the surgery center
- Use the intermittent sequential compressive devices provided at the time of surgery or during your pre-op during the day when resting.
- Notify your physician if you are a nicotine user, on hormone replacement therapy medications or taking birth control, or have a history of blood clots as these can increase your risk of developing a blood clot.

### **Common or Normal Post-Operative Reactions**

- Low grade fever (approximately 100.5 degrees) for up to one week.
- Small amount of blood or fluid leaking from the surgical site or dressing
- Bruising along the surgical extremity
- Swelling around the surgical site and surrounding area

### **When to Call Your Physician**

- Signs of infection
- Redness or pain around your incision (if you cannot see your incision, red streaking up your extremity should be reported).
- Intense calf pain
- Thick, dark yellow or foul smelling drainage at the incision site or from your dressing.
- Temperature over 101.5 degrees for more than 24 hours.

For questions/triage after hours please call 303.449.2730 and the on-call provider will be paged. Please reserve this line for urgent concerns, appointments and refills will not be addressed.

**IF YOU HAVE AN EMERGENCY, I.E., SHORTNESS OF BREATH, CHEST PAIN, OR ANY SYMPTOMS LISTED ABOVE IN SEVERE NATURE PLEASE CALL 911 OR VISIT YOUR LOCAL EMERGENCY ROOM**