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## **Postoperative Instructions for Dr. Davis**

You have been scheduled for surgery on \_\_\_\_\_.

This procedure will be performed at \_\_\_\_\_.

### **Medications**

- Norco: 1 to 2 tablets every 4 to 6 hours as needed for pain.
  - Percocet: 1 to 2 tablets every 4 to 6 hours as needed for pain.
  - Aspirin 325 mg: Take 1 tablet once a day for 21 days to prevent blood clots, starting the day after surgery.
  - Zofran 4mg: Take one oral dissolving tablet every 6 hours as needed for nausea/vomiting
  - PeriColace: Take 1-2 tablets every 12 hours as needed for constipation.
  - Other: \_\_\_\_\_
1. You will be prescribed a narcotic (pain) medication for use after surgery. This prescription will be sent electronically to your pharmacy.
  2. When pain is not adequately treated with your primary medication, you may use your “breakthrough medication” as directed in addition to your primary pain medicine. “Staggering” or alternating between your primary and breakthrough medication every 2 – 3 hours can be very effective, particularly for the first 24 – 48 hours after surgery.
  3. Unless you have an allergy to aspirin or take a blood thinning medication on a regular basis, we recommend taking 1 tablet of aspirin 325 mg once a day starting 24 hours after surgery and continuing for 21 days to prevent blood clots.
  4. It is generally acceptable to take NSAIDs (e.g. ibuprofen, naproxen) for pain control as well starting 24 hours after surgery.
  5. Please wean to Tylenol when you are comfortable, but do not take additional Tylenol with Norco or Percocet. Please note that there is 325mg of Tylenol in each Norco and Percocet tablet.
  6. The maximum amount of Tylenol consumption per day is 4,000mg or 4 grams.
  7. Constipation: you may use a stool softener while taking narcotic pain medication. Stop taking this medication if diarrhea develops.
  8. Nausea and vomiting: Make sure to take your medication with food.
  9. Itching: Try an over-the-counter antihistamine (i.e. Benadryl).

**Medical Equipment**

- Crutches
- Post-operative brace
- TED stockings
- Bandage dressing kit
- Sling

**Appointments**

- Post-Op Appt. Day #1-4 (ACLs and elbow scopes) \_\_\_\_\_
- Post-Op Appt. Day #11-14 (Suture Removal) \_\_\_\_\_
- Post-Op Appt. Week #6 \_\_\_\_\_
- Postop Appt. Week #12 \_\_\_\_\_

**GENERAL INFORMATION**

**Cooling Devices:** We recommend a cryotherapy sleeve and ice machine (may not be covered by insurance, however). You may also stock up with large bags of ice stored in freezer bags before your surgery.

**Elevation:** Patients having knee surgery need to elevate their surgical leg several times a day. This is a good time to use the cryotherapy sleeve and ice machine as well or bags of ice. It is also important to get up and walk around every couple of hours for short periods of time. This will help prevent a blood clot from forming.

**Bathing and Showering:** You will be given specific instructions regarding dressing care depending upon the surgery you are having.

**Medication Refills:** After-hours or on the weekends please call 303.321.1333 to speak with an on-call physician.

**Questions?** Call the office at 303.321.1333 if you have any further questions.