

**Orthopedic
Associates, LLC**
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POST-OP INSTRUCTIONS
David J King, MD



Name: _____ **Surgery Date:** _____

Procedure: R / L _____

FOLLOW-UP APPOINTMENT

Please set up a follow up appointment to see Dr. King after your procedure. We would prefer to see you in the clinic at 10-14 days after your surgery. If you live outside the St. Louis area and this is not possible, other accommodations need to be made.

POST-OP CARE

Please follow these instructions carefully. If you have any questions, please contact Peter Crites of Dr. King's team at (314) 569-0612.

PHYSICAL THERAPY

You may be given specific exercises to follow at different time frames during your rehabilitation. Follow these instructions carefully. Follow your specific protocol of activities and stay within the limitations outlined.

Start PT right away (see separate prescription)

No formal PT necessary. Keep affected limb immobilized until post-op visit.

DRESSING CHANGES and BATHING

Keep the post-op dressing clean and dry. Unless it becomes wet or too tight because of swelling, leave the bandages in place for at least two days. **TWO DAYS AFTER YOUR SURGERY YOU MAY REMOVE YOUR OUTER BANDAGES.** (Ex: If your surgery is on a Monday, change the dressing on Wednesday.)

Over the incisions there will be small white pieces of tape (steri-strips). **DO NOT** touch, remove or apply ointment to the steri-strips. **LEAVE THEM IN PLACE.** If the steri-strips fall off in the first week, replace them with the provided strips in your post-op packet.

Cover the incisions with Opsites (water-proof bandages you will be provided) to keep the steri-strips dry for 7 days. You may shower with the Opsites in place and replace them after the shower. If you were not provided with Opsites, you may use saran wrap and tape to cover the wound while in the shower. If after a week there is no drainage coming from the incisions you may get the steri-strips wet. If there is still drainage coming from the incisions you must keep them dry. DO NOT soak your incisions in a bathtub, hot tub or swimming pool until directed by Dr. King.

At each dressing change, evaluate the incision for drainage, redness surrounding the incision or red streaks. These combined with increasing pain and fever (Temp greater than 101 degrees) can be signs of infection. If you have any questions or concerns please phone immediately.

SUTURES

The sutures used during surgery are made to dissolve and are buried under the skin. These require no care. If staples or sutures on the outside are used to close your incision, they will be removed at the 2-3 week mark by the clinic staff or your doctor at home. Please do not try to do this yourself at home!

ELEVATE

Elevate your operative body part whenever possible. Elevation means the operative region is higher than your heart. If the operative site is your shoulder it is already above your heart, no elevation is necessary.

ICE

Ice your operative site 5-6 times a day 20 minutes at a time. This can be achieved in a number of ways: ice bags, Thera Cool Unit, or the Game Ready unit. Whatever the means, be very diligent with your icing. Be sure to put a thin towel or t-shirt next to your skin while icing, the ice can cause frost-bite.

TED STOCKINGS

TED stockings are to be worn for the first two (2) weeks after surgery. They should be worn over the calf at all times. They serve the dual purpose of decreasing the chance of blood clot formation and to aid in controlling swelling in the lower extremities. You may remove them to wash, but should wear them as much as possible to gain the fullest benefits.

DIET

You may eat a regular diet, if not nauseated. Drink plenty of non-alcoholic, non-caffeinated fluids. Water is best.

MEDICATIONS

You will be discharged with medications. Use as directed on the label. All medications should be taken with food. Please call with any problems or questions.

Do not mix with alcohol or drive while you are taking narcotics.

Please note: narcotics are highly addictive pain medications that can create side effects such as constipation and lethargy. All narcotic pain medications are highly addictive and must be used with caution because they cause tolerance whereby the body adapts to them and, in order to achieve pain relief, the body requires increasing doses.

Also note, that it is the strict policy of this office that narcotics and other pain medications will NOT be refilled on weekends or after hours.

Medication Regimen: Specific medications will be ordered in a separate prescription

1. Oxycontin – 10mg. Take 1 tablet every 12 hours after your surgery. If the pain is severe, you may take up to 2 tablets. Do not crush or chew the tablets and do not exceed the prescribed dosage. This is a time-release medication with a gradual onset of action. You will be given a prescription for this medication at your office visit.
2. Oxycodone – 5mg. Take 1-2 tablets every 4-6 hours as needed for breakthrough pain only. This is for pain that is not controlled by the Oxycontin alone. Stop using the Oxycodone as soon as you can. You will be given a prescription for this medication at your office visit.
3. Aspirin (Ecotrin 325 mg). Take 1 tablet daily for 7-10 days to prevent blood clots.
4. Colace- 100mg. Take 1 tablet twice a day with a lot of water to counteract the constipating effects of the pain medication.
5. Naprosyn (For hip arthroscopy patients)- 500mg. Take 1 tablet twice a day for 30 days with a lot of water.
6. Fragmin- 2500 IU Sub-Q (5000 IU daily for patients receiving a lower extremity total joint replacement). Inject Sub-Q daily for 10 days. Injection training will be performed prior to use.
7. Zantac- 150mg. Take 1 tablet daily for 30 days.
8. Compazine- 5mg. Take 1-2 tablet every 6-8 hours as needed for nausea.