



**Procedure:** \_\_\_\_\_

**Procedure Date:** \_\_\_\_\_

The surgery center will contact you the afternoon prior to your day of surgery and will give you the exact arrival time. All patients having out-patient procedures must have a ride home as well as someone to stay with them throughout the first night. Please be sure to NOT EAT OR DRINK ANYTHING after midnight the night before surgery. This includes water, coffee, mints, and gum. You may brush your teeth without ingesting or drinking afterwards. Please stop all anti-inflammatory medications at least 7 days prior to surgery.

### **Clothing:**

For Upper Extremity Surgery please wear loose fitting front button or front zip shirt, short sleeve may be easiest. For Lower Extremity Surgery please wear shorts, consider bring loose fitting athletic pants that can fit over brace/dressing.

### **Post-Operative Medications:**

**\*PLEASE NOTE:** NO MEDICATION REFILLS WILL BE GIVEN AFTER OFFICE HOURS OR ON WEEKENDS.

#### **For Pain:**

- Norco: 5/325 7.5/325 10/325 Instruction: Take 1-2 tablets every 6 hours as needed for pain  
(prescription will be given at the time of surgery)

#### **For Nausea:**

- Zofran: 4mg Oral Dissolving Tablet Instruction: Place one tablet under tongue and allow to dissolve every 8 hours as needed for nausea (prescription will be given at the time of surgery)

#### **Blood Clot Prevention:**

- Aspirin: 325mg  
Take 1 tablet daily for 2 weeks post operatively (this medication can be purchased over the counter)

#### **Stool Softener:**

- Colace: Please pick up over the counter. Take as directed on package.

#### **Antibiotics: (only used for certain surgical procedures)**

- Keflex: 500mg  
Take one tablet every 6 hours until complete.

### **Equipment:**

- Crutches:** Use as instructed.
- CryoCuff/Ice:** Helps to control swelling and ease pain. Never ice >30 minutes. Please use a towel between the ice and skin (no thinner than a wash cloth) to prevent frostbite.
- Brace/Sling:** Wear at all times until instructed otherwise.
- CPM Machine:** If required, the device will be delivered to your home. Typically, the goal is for 6-8 hours per day for 6-8 weeks.
- TED Stockings:** You will leave with TED stockings on to control swelling and help with blood flow. Please continue to wear for 10 days post op. You can purchase new pair at most pharmacies.

### **Post-Operative Visit:**

Please schedule the following visit for after surgery:

- Next clinic day post-op visit
- 10-14 days after surgery for suture removal
- 6 weeks after surgery with for clinical check up

### **Post-Operative Recommendations:**

Please ice and elevate as much as possible to control pain and swelling. The extremity needs to be up at heart level when elevating. Patients undergoing upper extremity surgery may find sleeping in upright position more comfortable. Please do not get incisions wet until the sutures have been removed. Contact the office with any questions (314-721-7325).