

PRE & POST-OPERATIVE INSTRUCTIONS

Garrett Kerns, D.O.

NAME: _____ TODAY'S DATE: _____

SURGERY DATE: _____ PROCEDURE: _____

BEFORE SURGERY:

- STOP taking ALL medications can pain in aspirin and all anti-inflammatories 7 days prior to surgery.
- Fill all prescriptions given to you today and keep for after surgery, (DO NOT take them before surgery).
- Have your brace, splint or sling fitted today and bring it with you the day of surgery.
- Today, schedule two appointments → one for an initial post-op visit with Dr. Kerns or his Physician Assistant (1-2 days after surgery) and another for the “2-week post-op visit” for suture removal (usually 10-14 days after surgery).
- Today, schedule an appointment to start physical therapy (TSPT) the day (or two) after surgery. You should schedule your first post-op visit and therapy visit for the same day/times (1-2 days after surgery).
- Complete all Pre-operative testing/Clearance 2-3 weeks before surgery. Schedule your tests today.
- Do not eat or drink anything after midnight the night before surgery. This includes water, coffee, mints, gum, lifesavers, etc.
- A nurse from the hospital will call you 1 business day prior to your surgery to confirm your surgery time and to address any questions including what medications you can take the morning of surgery.

THE DAY OF SURGERY:

- Arrange for someone to drive you to surgery and back home after surgery.
- Plan to arrive 2 hours before your scheduled surgery time and stay 2 hours after surgery.
- Bring all x-rays or MRIs that you have.
- During with you all current medications that you may need to take that day, (per hospital instructions).
- Bring year brace, splint or sling, you will need it immediately after surgery.
- Report to the “Outpatient Surgery” area air does a needed time (time signed by the hospital nurse). The nurses will assist you until it is time for surgery.
- After surgery, you will be taken to the Outpatient Surgery area for discharge.
- If you are staying overnight in the hospital, your family is welcome to meet you there.
- Lower Extremity** - bring a pair of shorts or loose sweat pants to wear home from hospital
- Upper Extremity** - bring a shirt that buttons or zips to wear home from the hospital. You will have a bulky dressing over your surgical site and your motion will be limited.
- Upper Extremity** - he may have a nerve block in year shoulder after surgery to help with post-apt pain. This will be discussed with the anesthesiologist the day of you surgery.\
- START taking prescribed medication as directed:**
 - Naprosyn 500 mg: Take 1 tablet in the morning and 1 at night, with food, to control swelling, inflammation, and coagulation beginning the morning after surgery.
 - Celebrex 200 mg: Take 1 tablet in the morning, with food, to control swelling, and inflammation.

- EC Aspirin 325 mg: Take 1 tablet in the morning with food, to control coagulation.
- Lovenox 40 mg: 1 injection daily for 10 days, to control coagulation starting the night after surgery.
- Lortab 5/325 mg: Take 1-2 tablets every 4-6 hours with food *as needed* for pain control.
- Oxycodone 5 mg IR: Take 1-2 tablets every 4-6 hours with food *as needed* for pain control.
- Phenergan 25 mg: Take 1 tablet every 6 hours *as needed* for nausea and vomiting.
- ❑ **DO NOT REMOVE ANYTHING FROM, ADD ANYTHING TO, or GET YOUR POST-OPERATIVE DRESSING, SLING, SPLINT, or BRACE WET.**
- ❑ **DO NOT** get your wounds wet until you are instructed that it is okay, this includes taking a shower/bath.
- ❑ Begin using ice packs 20 minutes out of every hour, 5-6 times per day.
- ❑ **Upper Extremity** - he will be more comfortable resting/sleeping in a reclined position for the first 6 weeks.
- ❑ To prevent blood clots, get up and move about for short periods of time every 1-2 hours. Also be sure to pump your ankles when lying.

THE DAY AFTER SURGERY:

- ❑ Arrange for someone to drive you to and from your scheduled office and physical therapy appointment(s).
- ❑ Check-in for your appointment. Your post-operative dressing will be changed and you will be instructed on your post-operative rehabilitation and physical therapy. Dr. Kerns will discuss your surgery and go over pictures taken during your operation. Then, you may be instructed to go directly to physical therapy.
- ❑ Wear compression stockings (which will be given to you at the time of surgery) until the 2-week post-op visit with Dr. Kerns.

Please follow-up with these instructions carefully and feel free to call the office if at any time you have questions. Call the office and ask to speak to the clinical staff: **(989) 583-7450**

CHANGING YOUR DRESSINGS:

The post-operative dressing change is a vital part of your surgical and recovery process. You will be instructed on proper post-operative wound care during your appointment the day after surgery. Follow these instructions carefully.

- ❑ Remove old dressing.
- ❑ Inspect the wounds around for excessive drainage, redness surrounding the wounds or streaking from the wounds, increased sensitivity/pain, and increase in temperature. These are all signs of infection and need to be addressed immediately. Please call our office if one or more of these symptoms occur.
- ❑ You may clean the skin surrounding the wounds if needed, but **DO NOT** clean actual wound sites.
- ❑ Change dressings (and Xeroform if provided) every other day. It is okay to change the dressing early if they become saturated.
- ❑ Water-proof bandages will be required after surgery for dressing changes.
- ❑ Do not touch, remove, or apply any ointments to steri-strips. Remove the steri-strips at 7 days if they have not already fallen off by themselves.

BATHING:

- ❑ **DO NOT** allow wounds or wound dressings to get wet.
- ❑ You may shower or bathe as long as your surgical site is covered with a waterproof bandage.

- You may begin normal showering and allowing soap and water to run over wounds once your sutures had been removed or wounds have closed. DO NOT aggressively clean or scrub wounds.
- DO NOT sit in a Jacuzzi, hot tub, or swimming pool for 2 WEEKS after wounds have closed.

CONTROLLING SWELLING, INFLAMMATION, AND PAIN:

- Ice:** Surround the surgical area with ice packs or cooling device for 20 minutes at a time 5-6 times per day. Use a pillow case or other insulating material between your skin and the ice pack.
- Medications:** Continue taking medication(s) as directed. If stomach discomfort develops discontinue medication immediately and call the office right away.

DO NOT Mix any medications with alcohol.

DO NOT Drive or operate machinery while taking pain medications

DO NOT Take additional products contain ibuprofen; in addition if you are prescribed Lortab do not take additional acetaminophen.

REHABILITATION/PHYSICAL THERAPY:

You will be given a specific therapeutic exercise program to follow that will maximize your recovery from surgery. Follow the instructions given to you carefully.

DRIVING:

- You CAN NOT drive while you are taking pain medication.
- You CAN NOT drive while you are in a post-operative sling.
- You MUST have clearance from Dr. Kerns before you start to drive.

Call to schedule your Physical therapy appointment for the day after surgery

Call to schedule your post-op visit with Dr. Kerns

(1 day after surgery and again 7-14 days after surgery):

(989) 583-7450