

ORTHOPAEDIC SPECIALISTS
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POST-OPERATIVE INSTRUCTIONS
“ARTHROSCOPY”
SAME DAY SURGERY REQUIRES NO HOSPITAL STAY

MEDICATIONS: AFTER THE FIRST 48 HOURS, PAIN USUALLY SUBSIDES.

***NORCO:** TAKE ONE (1) TABLET EVERY 4 HOURS AS NEEDED FOR PAIN. DO NOT TAKE ADDITIONAL TYLENOL AS THIS MEDICATION CONTAINS TYLENOL.

***VISTARIL** TAKE AS DIRECTED FOR RELIEF OF MUSCLE SPASMS AND PAIN. BE SURE TO TAKE THIS ONE HOUR BEFORE EXERCISE AND AT BEDTIME IF NEEDED.

***IBUPROFEN:** YOU CAN TAKE 600-800MG, EVERY 6 HOURS IN COMBINATION WITH VICODIN AND VISTARIL FOR PAIN RELIEF IF NEEDED.

***SENOKOT S (STOOL SOFTNER):** TAKE TWO TABLETS TWICE DAILY FOR CONSTIPATION.

WOUND CARE

*LEAVE ACE DRESSING IN PLACE FOR 24 HOURS THEN REMOVE AND LEAVE WOUND OPEN TO AIR OR COVER WITH DRESSING IF DRAINING.

*YOU MAY SHOWER AFTER 24 HOURS (PAT WOUND DRY)

ACTIVITY:

*ACTIVITY AS TOLERATED.

*APPLY ICE TO THE WOUND 30 MINUTES ON/ 30 MINUTES OFF FOR 48-72 HOURS WHILE AWAKE AND AFTER EXERCISE.

* CONTINUE PHYSICAL THERAPY AT HOME. SWELLING AND BRUISING IS NORMAL.

CALL THE CLINIC IF;

**YOU NOTICE ANY DRAINAGE THAT IS CLOUDY, THICK, AND YELLOW OR AN INCREASE IN THE AMOUNT OF DRAINAGE.*

**YOU HAVE INCREASED REDNESS, SWELLING OR PAIN.*

**YOUR TEMPERATURE IS OVER 101.5 DEGREES (IT IS NOT UNUSUAL TO HAVE A FEVER FOR THE FIRST FEW DAYS FOLLOWING SURGERY)*

**YOU HAVE ANY QUESTIONS OR PROBLEMS CALL OUR OFFICE OR OUR AFTER HOURS NURSE ADVICE LINE*