

POST-OPERATIVE MEDICATIONS AND ADDITIONAL POST-OP INSTRUCTIONS

Mobic (Anti-inflammatory) Start taking **AFTER SURGERY**. This will help with reduce inflammation and swelling, which helps reduce pain. We recommend using at minimum for one month after surgery. We suggest refilling this medication for the second and occasionally the third month after surgery to help address any residual pain, swelling or inflammation. Generic name for Mobic is Meloxicam.

One tablet daily **with** food

Oxycodone (Narcotic) Start taking **AFTER SURGERY**. We only recommend or prescribe narcotics for severe pain. You should try to discontinue using narcotics as soon as possible.

1 – 2 Tablets every 6-hours as needed for pain

All narcotics cause CONSTIPATION – please use a stool softener, such as Colace. If necessary, you can try Milk of Magnesia, Dulcolax suppository, a Fleets enema or Magnesium Citrate (½ bottle; if no bowel movement in 6-hours, take the rest of the Magnesium Citrate)

Zofran (Anti-nausea) For **AFTER SURGERY**. The Zofran prescription can help if you have nausea.

Place 1 tablet underneath your tongue every 6 hours as needed for nausea.

These three prescriptions will be given to you **BEFORE** surgery.

325 MG Enteric Coated Aspirin Start taking **AFTER SURGERY**. Aspirin is prescribed to reduce the risk on blood clots. You can purchase this over-the-counter.

1 Tablet, once daily with food (**Breakfast or Dinner**)

- For a Total or Partial Knee Replacement, take for **2 weeks** after surgery.
- For a Total Hip Replacement, take for **4 weeks** after surgery.

Supplements The following are recommended to help boost your immune system health and reduce the risk of infection. You can purchase them over-the-counter. We recommend you start these supplements 4 weeks before surgery and continue for 4 weeks after surgery.

Multi-Vitamin: 1 tablet once a day

Vitamin D 1000 IU 1 Tablet every day

Vitamin C 500 MG 1 Tablet twice a day

Thiamine (Vitamin B1) 100 MG 1 Tablet twice a day

Zinc 50 MG 1 Tablet twice a day

Iron 325 MG 1 Tablet twice daily

Surgery Date _____ Arrival Time _____ Surgery Time _____ Post OP Appt _____

ADDITIONAL POST-OP INSTRUCTIONS

Physical therapy after surgery is highly recommended. This can be done either: at home, with a home health agency; or at one of the out-patient PT clinics. We recommend that your post-operative PT be arranged prior to surgery.

If you will be using Home Health, there are several home health agencies that Dr. Kaper recommends. We can help you set this up- please let us know at the time of your pre-op consult. After surgery, you will receive a call from the nurse and physical therapist to set up the best time to come out and see you within 1-2 days after discharge.

Post-operative ICING: Icing your surgical site is key to reducing pain and minimizing the need for narcotic pain medication. You may ice above, below, and around the sides of your incision for 20 minutes per area, every hour. If you are having a TKA or a partial knee replacement, you can also ice behind the knee. Make sure there is a towel or pillow case between the ice and your skin. **NEVER PUT ICE IN DIRECT CONTACT TO YOUR SKIN.**

You may want to consider using a polar care ice unit after surgery. These units may be purchased at a local medical supply store or from an on-line retailer such as Amazon.com. Units are not supplied by the surgery center. If you choose to use one, bring the unit with you to the surgery center.

Elevation: Elevation of the surgical limb will help significantly to reduce swelling and inflammation. Elevating in a recliner with the foot up and the back down works great. If you notice swelling going down your leg, place a pillow under your ankles to raise the limb higher. Make sure you are doing ankle pumps and ankle circles periodically while elevating to help maintain good circulation.

If you use a C-PAP or Bi-PAP, please bring this with you to the surgery center.

DENTAL WORK: Do not have any dental work of any kind for 90 days after surgery. For 2 years from the date of your surgery, you must take an antibiotic prior to all dental appointments or any invasive procedures. Contact our office at least one week prior to dental appointments to assure you have your antibiotics before your dental appointment.

Your Surgery will be at North Valley Surgery Center:

8901 E. Raintree Drive, Suite 100
480-767-2100– Main phone number

101 loop - Exit Raintree Drive (Exit 39)
East on Raintree Drive
NVSC on the RIGHT

The nursing staff at the surgery center will administer pain medication within the hour prior to your discharge home. If there are traffic delays, we want to make sure you have a back-up dose of the pain meds. Please keep 2 pain medication tablets and 1 anti-nausea tablet with your personal items.

Be sure your walker is in the vehicle you will go home in.

Please contact Amy or Vicki, our surgery coordinators, should you have any questions at 928-778-9250.