

To Do List: You are responsible to ensure completion of these items before your surgical date.

- ___ Arrangements made to have a family member or friend to be with you for the first 24 hrs after surgery
- ___ Pre-operative lab work and health clearance completed and faxed to Dr. Lewicky's office, if ordered
- ___ Stop taking any anti-inflammatory medication 7-10 days prior to your surgery date
- ___ For knee patients, Purchase Chlorhexidine Gluconate (CHG) 4% liquid soap from local pharmacy and start showering, following specific instructions, 3 days prior to surgery (see attachment)
- ___ For shoulder patients, obtain prescription for Benzoyl peroxide (BPO) 5% gel and proceed with showering with it 3 days prior to surgery (see attachment)

Post-op Instructions:

Follow-up appointment: Typically, 10-14 days after surgery, this should be made by the surgical scheduler prior to the procedure or by a nurse in recovery. At that time, your sutures will be removed. Also bring your white "Post-operative & Rehab protocol binder" to this visit so drawings may be inserted and a discussion on what was done can ensue.

Crutch Weight Bearing: For knee patients you will need to plan to be on crutches anywhere from 2 days up to 6 weeks after surgery. The specific time on crutches is decided during surgery, depending on the surgical procedure performed.

Dressing changes: The first dressing change can occur as early as the day after your surgery but not later than postop day 2. A dry dressing should be placed after. If no drainage is noted after 2 days, then regular Band Aids should be placed, and the incision site should be kept clean and dry. After 5 days the incision sites may remain uncovered so long as there is no drainage and they can be kept dry. Dr. Lewicky does not recommend the use of antibiotic ointment.

Physical Therapy: The initiation of therapy, if ordered, should begin during the 1st postoperative week. Though the regimen at that time may seem quite boring it nonetheless helps promote healing. Therapy will consist of soft tissue massage and edema control, PROM activities, dressing and wound evaluation and overall education. Unfortunately, insurance companies are limiting more and more the number of authorized postoperative PT visits. Dr. Lewicky is a true believer in the benefit of PT and feels the majority of a patient's outcome, after a solid surgical repair, is the commitment to supervised PT consisting of a proper rehab program of adequate duration. If you encounter that your insurance will limit the number of visits authorized, it is highly recommended that you pay for additional visits out of pocket.

Ice: Icing your affected extremity after surgery will help to alleviate pain and inflammation while enhancing healing. Use of an Ice machine type device (such as the DonJoy Iceman Clear3) for the first 2 weeks after surgery is highly recommended and can be rented through our DME department.

Dr. Lewicky cannot stress enough the importance of icing. The best regimen is to ice 3-4 times a day for 30 minutes each session. Please contact [Katrina at 928-213-4914](tel:928-213-4914) at our DME department to secure your rental. These devices eliminate the spilling or leaking that normally occur with ice packs leading to poor compliance. Always have something between your skin and the pad to prevent frost nip. You will bring this machine home with you, and you will need to return it after the rental period. To be proactive, you can contact your insurance company, ahead of time, to see if this rental will be covered under your policy. The code for the procedure is E1399 and billed as DME miscellaneous.

Medications: The post-op medications will be electronically filled through the pharmacy of your choice. Typically, they consist of a pain medication, anti-nausea med and an anti-constipation med. Additional medications that can be purchased over the counter include Naprosyn, Aspirin for DVT prophylaxis and Tylenol once off narcotic medication.

Supplements: Recommended postoperatively include,
Vit C 1000 mg 2x daily
Fish or Krill Oil
Cosamine ASU 3 tabs per day
Vit D3 5000 IUs once a day