



Post-operative Instructions
Chase D. Smith, MD

Please keep your incisions clean, dry, & covered. Do not get it wet in the shower! No Neosporin, Vitamin E, or Scar Cream.

Apply ice 20 minutes of every hour (while awake) for the first 48 hours, then as needed for swelling. Do not put directly on the skin. No Heat!

You received Antibiotics through your veins while you were here, we do not routinely prescribe antibiotics post-operatively.

Most pain medicine contains Tylenol; please do not take Tylenol or acetaminophen with your pain medicine. It is ok to take Aleve or Advil. Please follow directions on the bottle.

Please call our office at (334) 793-2663 for prescription changes or refill requests. Please allow 24 hours for refill requests to be addressed. No pain medicine will be called in after hours or on the weekend!

Common Post-Op Prescriptions

You may receive some or all of these depending on the procedure you have done. Prescriptions that can be electronically prescribed will be sent to your regular pharmacy in advance.

Pain Medication: Percocet (Oxycodone) or Norco (Hydrocodone) – take per instructions as needed for pain

Anti-Nausea: Phenergan (promethazine) or Zofran (ondansetron)– take per instructions as needed for nausea

Muscle Relaxant: Robaxin (methocarbamol) or Flexeril (cyclobenzaprine) – take per instructions as needed for muscle spasm/tightness

Anti-Inflammatory: Mobic (Meloxicam) – HIP SURGERY PATIENTS – take as directed for 6-8 weeks post-operatively