

Post-Operative Instructions

T. Ryan Pflugner, MD

MEDICATIONS

- Pain medication and other medications are sent electronically to the pharmacy that you selected at our office. Take medication per the directions on the bottle.

Pharmacy: _____

- Aspirin 325mg once daily for 30 days, if not on blood thinner prior to surgery (total joint only)
 - Celebrex 200mg, if not already on NSAID (total joint surgery only)
 - Prednisone 5mg once daily for 14 days (total joint surgery only)
 - Gabapentin 300mg 3 times a day as needed (total joint surgery only)
 - Norco 10/325 every 6 hours as needed for pain
 - Zofran as needed for nausea
- For patients at increased risk of complications with total joint surgery, 7 days of oral antibiotics will be prescribed.
 - Be sure to drink plenty of water and eat small, more frequent meals to prevent constipation. You can take an over-the-counter stool softener such as Colace or MiraLAX daily, if needed.
 - Restart all home medications the day after surgery, unless specified otherwise by Dr. Pflugner.
- If you had joint replacement surgery, we will manage antibiotic medication prior to having dental work. Please call (334) 793-2663 and choose the option to leave a message for the nurse. Please allow 48 business hours to process.

CARE OF OPERATIVE SITE

- Elevate the operative area when at rest. This helps to prevent excessive swelling.
- Ice can be applied to your surgical area for 20 minutes at the time, as often as you'd like, but we recommend a minimum of three times per day. This will help swelling and pain.
- If you have a large, bulky surgical dressing, it is to be removed after two days and covered with a clean, dry dressing. If you have a large, rectangular bandage dressing, it is to be removed after 7 days and covered with a clean, dry dressing until you are seen for your post-op appointment. The small incisions (made during non-total joint/arthroscopic procedures) can be covered with a clean, dry band-aid.
- You may shower. Pat area dry. Do not apply creams, ointments or lotions to the incision(s).
- If you experience drainage, redness, increase in swelling at the incision site, please call the office at (334) 793-2663 and choose the option to leave a message for the nurse.

PHYSICAL THERAPY

- Therapy is set up prior to your surgery at the facility of your choosing. If you have not been contacted by that facility, please call them. Do not wait until your post-operative appointment.

Facility: _____

- We have also provided you a copy of the protocol that your Physical Therapist should follow. Please take it with you to your first session.
 - If you are receiving PT in your home via Home Health agency, please be aware that after 2-4 weeks, you may transition to an outpatient PT facility.
 - Workman's Comp/Trimed cases - please contact your adjuster/case manager for information about where your PT will take place.

If you have questions or concerns, please call Southern Bone & Joint Specialists at (334) 793-2663 and choose option to leave a message for the nurse.