

PERIOPERATIVE INSTRUCTIONS

CONTACT WITH QUESTIONS

Mark Zaccone, ATC
P: (303) 440-3036
F: (303) 440-3232

****For life threatening symptoms, please call 911 immediately****

GENERAL

Please read through these instructions and should you have any questions or concerns please call. If there are any discrepancies between these instructions and the hospital/surgery center, follow these instructions and any others given to you directly by Dr. Beck.

WHAT TO DO BEFORE SURGERY

» Confirm with Dr. Beck if you need medical clearance: If you are 60+ years old or have an underlying medical condition (head/neck/heart/lung, etc.) that may affect anesthesia, you will need to get medical clearance from your primary physician. Please complete the medical clearance and send this to our office **no later than 1 week prior** to your surgery.

MEDICAL CLEARANCE WILL INCLUDE:

- History and physical
- Pertinent lab work
- Other testing pertinent to your medical condition

» Appointment with Dr. Beck: If your surgery is NOT within 30 days of your last appointment with Dr. Beck you will need to call and schedule a preoperative appointment **within 30 days** of your surgery.

» Physical Therapy: Schedule physical therapy for **the week after** your surgery. Protocols and PT prescriptions will be provided to you to take to your PT.

WEEK OF YOUR SURGERY

» You will be giving instructions from Dr. Beck's office and or the surgery center/hospital on the location, arrival time, and any other instructions for day of surgery.

» If you have any signs or symptoms of infection (fevers, chills, skin changes, lethargy, painful urination, nausea, vomiting, diarrhea, etc.) prior to surgery, **please call office immediately.**

» Make arrangements for transportation to and from your surgery, as well as having a capable adult to remain with you for the first 48-72 hours post-operative to assist in your recovery.

» FIVE DAYS PRIOR TO SURGERY: STOP any blood thinning medications or supplements. Examples include but are not limited to **Ibuprofen, Naprosyn, Vitamin E, Fish Oil, Turmeric.**

» TWO TO FIVE DAYS PRIOR TO SURGERY: Pick up any prescriptions sent to your pharmacy by Dr. Beck. It is also beneficial for you to have Ibuprofen and Tylenol at home after surgery.

» NIGHT BEFORE SURGERY:

- **DO NOT EAT, CHEW, INGEST OR DRINK ANYTHING after midnight** unless directed differently by the surgery center/hospital. Prescription medication can be taken day of surgery with a sip of water if they are **NOT blood thinning or anti-inflammatory.**
- Shower and clean your surgical site with standard soaps unless you have an open wound or cast/splint. **DO NOT** shave area, this will be done at surgery center/hospital.

WHAT TO EXPECT AFTER SURGERY

- » Pain: After surgery, there is a variable amount of pain and swelling, often depending on the severity of the surgery. Expect to be actively managing your pain for **3-4 days after** the procedure. By **7-10 days after** surgery most patients are typically managing pain with over-the-counter pain medication.
- » Pain management: You may be prescribed a narcotic pain medication for your post-op pain control. Use the medicine as prescribed. **Do not drive, drink alcohol, or perform duties that require concentration (i.e. school or work) or manual dexterity while on the narcotic medication.**
- » Tips for pain and swelling:
 - ELEVATION: Elevate lower extremity above the heart in a straight leg position.
 - COMPRESSION: For lower extremity surgery a compressive wrap (ACE-wrap) will be applied after surgery. When reapplying wrap do NOT apply too tight, light compression is ideal.
 - ICE: Ice can be used for pain management. Apply for 10-15 minutes at a time as needed.

WHAT SHOULD BE REPORTED IMMEDIATELY AFTER SURGERY

- *Persistent fever
- *Sudden increase in pain or swelling after the first few days after surgery
- *Increasing numbness
- *Deep calf pain and/or swelling
- *Shortness of Breath/chest pain/dizziness
- *Wound redness, drainage, bleeding or increased skin temperature around the incision

*****For life threatening symptoms, please call 911 immediately. Otherwise, call Dr. Beck's office at (303)440-3036*****

DEEP VENOUS THROMBOSIS (DVT)

- » Blood Clots (DVT) are uncommon but can occur after lower extremity surgery. **Please call the office for calf pain, leg swelling, or difficulty breathing.** The best way to prevent them is to perform ankle pumps or ankle motion every hour while elevating your leg, as well as walking as much as allowed by Dr. Beck. You may need compression stockings or blood thinning medication if you are high risk. Please tell Dr. Beck about any **blood clotting issues** you or your immediate family may have.

WOUND CARE

- » Dr. Beck will instruct you to remove your dressing at home but keep the white tape (steri-strips) on; depending on your surgery, this will be **4-10 days-post operative**.
- » Showering: **Before dressing is removed**, you may shower as long as you keep the dressing or cast/splint dry (i.e. cover with plastic bag type protection). **After dressing is removed**, you can shower with your incisions exposed. Soapy water can run over the incisions, pat dry and rewrap your surgical site with the compressive wrap. **DO NOT submerge**, bath or swim until wound is completely healed; **4+ weeks after surgery**.

USE OF DURABLE MEDICAL EQUIPMENT AFTER SURGERY

*****Please confirm with Dr. Beck weight bearing status and range of motion on extremity after surgery.*****

- » Cast/splint: If you are being placed into a cast/splint, keep this on until follow-up appointment. DO NOT get wet. DO NOT do any dressing changes.
- » Shoulder ultra-sling: Wear at all times except for hygiene and for PT.
- » Hinged knee immobilizer: Keep brace locked at 0° when walking and sleeping. The brace may be unlocked for ROM/flexion when sitting. Brace can be removed to shower and ice if you are lying flat and not moving leg.
- » Air cast boot: Wear every time you are walking and putting weight on leg.

PHYSICAL THERAPY

- » Physical therapy should start the week after surgery; **1-2x per week for at least 6 weeks** depending on the type of surgery. Please have initial PT appointment set up prior to surgery.

DRIVING

- » NO driving until your follow-up appointment after surgery. Driving instructions will depend on your surgery and discussed with Dr. Beck at that time.

RETURN TO SPORTS/ACTIVITIES

- » DO NOT resume sports until you have discussed return-to-sport with Dr. Beck.