



JORDAN-YOUNG INSTITUTE

ORTHOPEDIC SURGERY • SPORTS MEDICINE
NEUROSURGERY • PHYSICAL MEDICINE & REHABILITATION

Post Operative Instructions - Dr Gondusky

Scheduled Medications (take regularly as per the bottle instructions)

- Tylenol (for pain control)
- Mobic (meloxicam) (for anti-inflammatory/pain control) (take with food)
- Celebrex (celecoxib) (for anti-inflammatory/pain control) (take with food)
- Lyrica (pregabalin) (for nerve-related pain control) (stop for dizziness)
- Blood Clot Prevention Medicine (do ankle pumps and get up often too!)
 - Aspirin
 - Other _____
- Colace (stool softener to prevent constipation) (hydrate/fiber too!)
- Antibiotic (for infection prevention)

Pain Control Medications (take these medicines AS NEEDED)

- Ultram (tramadol) — PRIMARY pain medicine to take AS NEEDED per prescription
- Roxycodone — take AS NEEDED per prescription for BREAKTHROUGH PAIN

Your pain control plan is personalized. We use multiple medicines to allow us to limit the amount of stronger pain medicines required. It is best to limit as needed pain medicines to the minimum amount required to make pain tolerable (pain will be present but sleep and therapy should be possible). Limiting these helps avoid problems associated with strong pain medicine (itchiness, nausea, constipation, and sedation). You will begin the as needed pain medicines upon pain starting, and then slowly wean them as pain gets less. Ice the hip or knee frequently and according to your therapy instructions. Get up often. Every hour or so when awake for the first 2 weeks, get up for short walks. Do ankle pumps when sitting down (about 10x per hour for the first 3 weeks). If you received portable leg pumps, you can wear these at night for the first 2 weeks after surgery if you tolerate them (they don't bother your sleep). Nutrition helps you heal, eat healthily!

Dressing Care and Therapy (our therapy protocol is arranged for you)

Knee replacement

- ACE wrap and cotton padding can be removed 3-5 days post-operatively (day of removal will be written on dressing). Can be removed on your own or home PT can assist.
- May shower after ACE wrap removal. Waterproof dressing should remain in place. Some spotting on the dressing is normal. Do not soak or scrub the area.
- Waterproof dressing can be removed 7 days after the date of surgery.
- Skin glue tape or strips can remain in place over the incision. May trim edges if begin to peel.
- Motion, mobilization and inflammation control is the most important aspect of PT! By 2 weeks after surgery a good goal is 0 – 110 degrees (all the way straight in extension to about 110 degrees of flexion. This will vary some based on your preop motion).
- Avoid aggressive PT like squats and weighted leg extensions during the first 4 weeks.
- Refer to the online therapy guidelines after knee replacement on GondukyMD.com for specifics on icing, mobilization, and exercises. This is very important!

Hip Replacement

- May shower immediately. Some spotting on the dressing is normal.
- Waterproof dressing can be removed 7 days after the date of surgery. Do not soak/scrub.
- Skin glue tape or strips can remain in place over the incision. May trim edges if begin to peel.
- Hip therapy should be gentle during the 1st month: walking and gentle motion are optimal. Avoid repetitive or weighted hip flexion exercises that can irritate the muscles in the front of the hip.
- Refer to the online therapy guidelines after hip replacement on GondukyMD.com for specifics on icing, mobilization, and exercises. This is very important!