

Home Discharge Instructions



Dr. Byrd

Physical therapy

- Post-op physical therapy will be arranged prior to surgery as determined by your surgeon.

Equipment

- Please make sure to bring your rolling walker, which is required after surgery.

Incision

- Your incision will be closed with dissolvable sutures and covered with a waterproof bandage.

Showering

- You are allowed to shower the day after your surgery.
- The waterproof bandage stays on for 7 days before removing. After 7 days remove the bandage and allow the incision to get wet in shower.
- NO submersion of incision until 6 weeks post-op (i.e., pool, hot tub, bathtub, etc.). You may need cotton gauze dressings and tape to cover the incision if it is still draining after 7 days.

Driving

- You may drive once you can walk without the aid of a walker and are off narcotic pain medication. Typical time before you can drive is 1-4 weeks, depending on recuperation speed and surgery performed.

Swelling and bruising

Swelling and bruising are expected after surgery and may be severe. We use the following ways to prevent:

- **Compression stocking:** You will go home wearing one on your surgical leg. Only need to wear on surgical leg during day for 2 weeks. You may remove to shower and sleep.
- **Ice:** You will be provided an ice pack to use after surgery. You need to ice every hour that you are awake for at least 20 minutes for the first week.
- **Elevation:** When using ice, elevate leg with ankle higher than knee. **Never any pillows or anything behind the knee.**
- **Blood thinner:** You will need to take a blood-thinner after surgery to help reduce the risk of blood clots as deemed by your surgeon.
 - Aspirin 81 mg twice a day for 6 weeks to begin morning after surgery.
 - If on Eliquis 5 @ baseline- 2.5 BID X 3 days then back to baseline dose.
 - If on Xarelto 20 @ baseline- 10 mg BID X 3 days then back to baseline dose.
 - If on Plavix (or another anti-platelet) may begin right away.

If you have any problems or questions, please call your doctor's office (8am-5pm).

Answering service for after hours.

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Pain medications

You will have pain after surgery. The best way to control pain is using multiple medications as determined by your surgeon and our anesthesia colleagues.

- For the first week to two weeks, take the following:
 - Naproxen Sodium (Aleve) 220mg (one pill twice a day with food for 30 days)
 - Tylenol 325 mg (two pills every 6 hours for 14 days)
 - Dexamethasone (Decadron) 4mg (one pill twice a day with food for 4 days)
 - Protonix 40 mg (one pill daily for 30 days)
 - Zofran for nausea
 - Colace for bowel regimen
- For severe pain not relieved with above medications then add the following narcotic to the above medications.
 - Oxycodone 5 mg (one pill **as needed** for severe pain every 6 hours for 7 days)
 - Other: _____

We do not refill narcotic prescriptions after business hours or on weekends.

Constipation

- Since narcotic medications can cause constipation, it is recommended you use the stool softener while using Oxycodone.

Other instructions

- No flying for 1 month.
- No dental cleanings for 3 months.
- No colonoscopy for 6 months.
- If planning a long car trip right after surgery, then get out of the car every 2 hours and walk for 5 minutes.

If you feel you have a life-threatening emergency, please call 911.

For orthopedic questions, call our triage line during office hours at 540-552-7133. Our office hours are Monday thru Friday 8:00-5:00 PM. If you call after hours they will be routed to an appropriate person.