

## POST OP Instructions after JOINT SURGERY

**Samuel Park M.D.**

*If box is checked, these are the medications that are prescribed to you. Those that are not checked are inappropriate due to, surgery type, possible allergies, reactions, or lab values noted during pre- op appointment*

- Oxycontin 10mg twice a day by mouth for long term *pain relief*
- Percocet(Oxycodone) 5/325 every 4-6 hours by mouth as needed for pain in between the Oxycontin dose for *intermittent pain relief*
- Norco (Hydrocodone) 10/325 every 4-6 hours by mouth as needed for *intermittent pain relief*
- Other pain medication RX \_\_\_\_\_
- Lovonox 40mg** once a day injection into the abdomen for *prevention of blood clots*

14 days for knee / 21 days for hip surgery

- Xarelto 10mg once a day for *prevention of blood clots* 14 days for knee/ 21 days for hip surgery (may need prior auth)
- Gabapentin 600 mg at bedtime to help *prevent nerve ending pain*
- Celebrex 200 mg twice a day by mouth for *inflammation control* (may need prior auth)
- Mobic 7.5 mg (if allergy to SULFA) once a day by mouth for *inflammation control*
- Colace 100 mg twice a day to *prevent constipation*
- Keflex 500 mg 1 tab every 6 hours for the first post op day #4 to *prevent infection*
- Clyndamycin 300 mg (in PCN allergy) 1 tab every 6 hours for the first post op day #4 to *prevent infection*

**FOR ALL SURGERIES:** Follow-up in office must be **2 weeks** after surgery for x-rays, wound check, and ROM assessment

- UNI- Arthroplasty**---Home health will be arranged for you post op for Nursing Care and Physical Therapy . Dressing should be changed @ the 5<sup>th</sup> day after surgery by nurse or physical therapist in home
- TOTAL JOINT**---Case managers at the hospital will be arranging your Home Health care or admittance into a Senior Nursing Facility (SNF) for rehab after surgery. Dressing should be changed @ the 5<sup>th</sup> day after surgery by nurse or physical therapist in home or at SN