

# PRE OPERATIVE INFORMATION

## **SURGICAL PROCEDURE**

- ACL reconstruction
- Meniscal repair
- Meniscectomy
- MACI /OATS
- MPFL reconstruction
- Hamstring repair
- Quad/Patella tendon repair
- Total Knee Replacement
- Uni (partial knee replacement)

**DATE:** \_\_\_\_\_

**LOCATION: 200 FIRST STAMFORD PLACE, STAMFORD, CT 06902**

## **THE NIGHT BEFORE**

-You will get a call 24 hours before surgery from the surgery center regarding time of procedure

-No eating after midnight the night before

-You may be able to have a few sips of clear liquid at discretion of the surgery center instructions

-Total joints patients- please use Hibiclens soap during shower the night before and morning of surgery

- You may go to the pharmacy to get OTC and prescription medications

-You may take your regular medications as discussed with the PA, RN, or MD

## **THE MORNING OF**

- No eating 7 hours prior to surgery

- Please arrive promptly at time discussed during phone call the night before

- You will need to have someone pick you up at the surgery center

- Please bring any braces, ice machines, or crutches provided to you

## **OVER THE COUNTER MEDICATIONS NEEDED**

- Tylenol Extra Strength 1000mg three times daily
- Advil 800mg three times daily
- Omeprazole 40mg daily for 2 weeks
- Aspirin 81mg \_\_\_ times daily for \_\_\_ weeks

## **PRESCRIPTION MEDICATIONS**

- Ketorolac 10mg - 1 tablet daily three times daily for 3 days starting day after surgery
- Gabapentin 300mg- 1 tablet at bedtime for 5 days starting night of surgery
- Celebrex 200mg- 1 pill daily for 30 days
- Oxycodone 5mg- 1 pill every 4-6 hours AS NEEDED
- Ondansetron (Zofran) 4mg- 1 tablet every 6-8 hours AS NEEDED for nausea
- Valium 2mg- 1 tablet every 4-6 hours AS NEEDED for muscle spasm
- Cefadroxil 500mg every 12 hours

## **DME**

- T scope brace- wear locked in knee extension until first post op visit including sleeping, can remove for showering and physical therapy
- Crutches/cane

## **PHYSICAL THERAPY**

- Schedule physical therapy appointments 2-3x a week for 4-6 weeks, at our ONS location or if you are going to an outside location, we will provide a physical therapy prescription starting \_\_\_\_\_

## **WHAT TO EXPECT AFTER SURGERY**

### **-Weight Bearing:**

- You will be fully weight bearing as tolerated
- You will start partial weight bearing with crutches until follow up
- Non weight bearing

### **-Nerve Block:**

- You have been given a nerve block for pain control that typically lasts 10-30 hours. Please stay on top of pain medications for when the nerve block wears off
- This does not apply to you

**-Ice:** If you opted for an ice machine, use continuously for 48 hours, then as needed. If not, apply a large bag of ice to your surgical site every 1-2 hours for 20-30 minutes at a time when you are awake for the next 48 hours.

**-Dressing change/ showering:** You may shower 48 hours after surgery. You may remove ACE bandage and dressings but do not remove steri strips until first post operative visit

**-Driving:** You may not drive on any narcotic or muscle relaxant medications. You must be able to comfortably get in and out of a car. Your MD will give details based on your surgery

**-Range of Motion:** Work on quad contraction and maintaining knee extension

## **QUESTIONS/CONCERNS**

If you experience: fever, chills, numbness/tingling, difficulty urinating or other abnormal symptoms please call 203-869-1145

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