

**NOI- NORTSHORE ORTHOPAEDIC INSTITUTE  
SPORTS MEDICINE SERVICE**

**POST OP NON-WB CARTILAGE SURGERY INSTRUCTIONS**

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1. **Pain and swelling:** Expect a considerable amount of pain the first few days post-op. Take your prescribed pain medication for the first 2 days on a regular schedule, try not to hold off taking them because if your pain level becomes too high it may become more difficult to decrease. On day 3 decrease the frequency depending on your pain level. Although you will have pain it should be manageable. There may be a small amount of drainage at the surgery site the first few days, this is NORMAL and caused by the joint being filled with fluid during the surgery. The swelling will reside in 2-3 days.
2. **Wound care and dressing change.** Remove the dressing on post-op day #4. Leave the steri strips in place and the surgical site open to air.
3. **Brace:** Your brace will be locked in full extension (-10 degrees). Wear the brace at all times unless told otherwise. Wear at all times for walking, sleeping, straight leg raises
4. **Compression stockings:** These socks promote blood flow to your legs after surgery, in turn reducing the risk of blood clots. They will also help in controlling the swelling and fluid in your operative leg. Use these compression stockings on BOTH legs. You may remove them to wash as needed.
5. **Showering:** If there is not fresh drainage at your surgical site, you may shower on post op day #4. Keep the area dry by using plastic wrap (press and seal works well). Do not bathe or immerse the area for 6 weeks.
6. **Weight Bearing:** You must use your crutches for ambulation and can put partial-weight/as tolerated on the surgical side.
7. **CPM (motion) machine:** The purpose of this machine is to initiate range of motion after surgery, preventing scar tissue formation. The machine will be dropped off at your home or brought to the surgery center the day of your procedure. Use the CPM machine 3-4 hrs per day, beginning 24 hours after surgery. Motion should be 0-30° the first week. Then increase the motion to 0-45° by the end of week two.
8. **Game Ready (icing):** Icing and elevation are important to help control swelling and pain. You will receive your Game Ready machine from a rep that will bring it to your home. You can use your cooling unit constantly. Do not put the pad directly on the skin. You can use regular ice packs if you elect against the ice machine.
9. **Physical Therapy:** You will begin formal physical therapy after your second post-op visit. You will be given a protocol at your visit to bring with you to your first session.
10. **Driving:** OK 1 week after surgery on LEFT side and 6 weeks after surgery on the RIGHT side. You must be off all narcotic medication and feel confident.
11. **Follow up:** Please call the office (312-664-6848) to follow up with Dr. Birmingham in 7-10 days.
12. **What to call for:**

a) Elevated temperature of 101.5F	b) redness along the incision
c) Poor pain control	c) calf pain
d) any other questions or concerns	e) <u>emergency</u> after hrs Dr. Birmingham
Physician _____	Patient _____

Nurse \_\_\_\_\_

Date \_\_\_\_\_

## MEDICATIONS: DR. BIRMINGHAM

### 1. OXYCONTIN (10MG)

- i) Take 1 tablets every 12 hours
- ii) Plan on using it for 2 days

### 2. NORCO (hydrocodone 10/325)

- i) Take 1-2 Norco every 4-6 hours, depending on the severity of pain
- ii) If pain is very severe- you may take sooner than 4 hours, but only up to 12 in a 24 hour period

### 3. VOLTAREN (75MG)

- i) Anti-inflammatory. You should **AVOID** taking this and any other anti-inflammatory for 4 weeks after surgery. We prescribe this medication for you to take if your pain is not controlled by Oxycontin, Norco and Ice therapy.

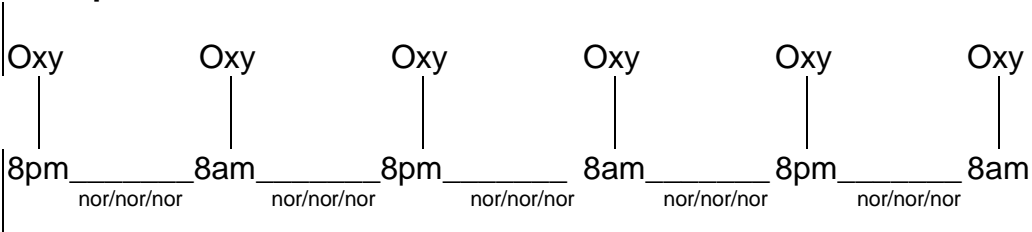
### 4. ZOFRAN (8MG)

- i) Take as prescribed for nausea

### 5. KEFLEX (500MG)

- i) Take 4 times per day for 3 days, to protect against infection

#### Example:



#### Side effects of pain medications:

1. Constipation: take whatever works for you, including:
  - i) Prunes/prune juice
  - ii) Colace/pericolace (over the counter)
  - iii) Senekot (over the counter)
  - iv) High fiber diet if tolerated
2. Nausea:
  - i) Take pain medication on a full stomach
  - ii) Use Zofran as prescribed

\* Your medications have been called into your pharmacy with the exception of Oxycontin and Norco, these will be given to you the day of surgery.