



Dr. Izquierdo's Post-Operative Instructions

Pain Medication/Anti-inflammatories

- Post-operative pain medication will be given to you the day of your surgery. A prescription for Percocet 10/325 #70 for severe pain and Tramadol 50 mg #70 for moderate pain. **Do not take these together or with recreational drugs, etc.** One or the other can be taken. A prescription for Zofran ODT 8mg #8 or Phenergan 25 mg #20(for nausea) with one refill will be eprescribed to your pharmacy.
- We would like for you to wait 4 weeks before starting anti-inflammatories – Ibuprofen, Advil or Aleve. Anti-inflammatories can slow down the healing process.

Dental Work

If you have any emergency dental work in the first 90 days after surgery you will need a preventative anti-biotic. Preventative anti-biotic medication is as follows:

- o Amoxicillin 500mg – 4 caps one hour prior to dental work
- o If allergic to penicillin, Levaquin 500mg – one pill the day before, the day of and the day after

Typically, the dentist performing these procedures will prescribe this medication. If they won't please contact Becky at 779-220-5018, Ashlee at 779-220-5029 or through the patient portal to have them phone in this prescription for you.

DVT Precautions

Stockings

Compression stockings should be worn until your first post-operative appointment. As long as you are up and active you may discontinue their use at that time.

Aspirin Therapy

Aspirin 325 mg once daily if indicated (If you have a history of cancer, blood clots or pulmonary embolism) x 14 days post-operatively. Dr. Izquierdo will let you know if Aspirin is indicated.

If you are having a lower extremity procedure and over the age of 21 you will need to take Aspirin 325 mg for 28 days post-operatively.

Bathing/Dressing Changes

- No submersion of the effective extremity in a bath tub, hot tub, swimming pool or washing dishes (for hand patients) for 3 weeks after surgery.
- Dressing Changes:
 - o If the patient has drainage that saturates the dressing, do the following:

- Take off the dressing
- Clean the incision with Betadine
- Cover with normal, clean, sterile dressing daily
- Repeat if there continues to be drainage
 - If there is excessive drainage please contact the office.
- Showering – you may begin showering 5 days after surgery as long as the wound is clean, dry with no redness. Please stand side-ways in the shower. Soap and water may run over the incision. Do not allow the shower stream to directly hit the incision for two weeks.
- No direct scrubbing of the incision for 3 weeks after surgery. Just let the water and soap run over the incision.

Post-operative Problems

- Call the office at 815-455-0800 or use your patient portal if:
 - Redness, drainage or increased abnormal swelling is noted in the operative area
 - Calf tenderness and pain with movement
 - Fever over 101.5
 - Severe pain not relieved by pain medication
 - Any unrelieved nausea or vomiting

Nausea and Constipation

- The anesthesia and pain medications can cause you to lose your appetite and may cause you to be nauseas. It is critical for your healing as well as to prevent nausea, to have food in your stomach prior to taking pain medication as it will cause you to be nauseas and potentially vomit. Boost or Ensure products may be helpful in these situations.
- The pain medications can cause constipation, so make sure you are staying well hydrated with water/fluids. If you have not used a stool softener in the past Senecot-S is a natural stool softener that can purchased over the counter at your local pharmacy.
 - Take two Senecot-S the night before surgery.
 - Following the procedure we recommend that you take two Senecot-S a day while taking your narcotic pain medication to help prevent constipation

Traveling

- Please notify us if you will be traveling within one month after surgery.
- No air travel for 2 weeks post-op.
- If you will be driving long distances:
 - Wear your compression stockings
 - Pump your ankles periodically
 - You will need to get out and walk around every two hours.

Driving

You may resume driving once you are off of our pain medication.