




Orthopaedic Surgery & Sports Medicine Pre-Operative Instructions

Dr. Chris Jarrett

WELCOME TO THE ROAD TO RECOVERY.



Most of your questions will be addressed during the presentation. For this reason, please hold all questions until the end of the presentation. We will allow time at the end to address individual questions.

Medications

Pharmacy Hotline 910-341-3307

If Dr. Jarrett prescribes a narcotic pain medication, this will be sent electronically to your pharmacy the day prior to your surgery by the end of the business day.



DVT PREVENTION

- If Dr. Jarrett prescribes aspirin after your surgery, follow directions of use until 6 weeks after surgery. If you are on a blood thinner, this will not apply.
- Wear compression stockings on both legs as much as possible until your 6 week follow-up for joint replacements. They may be removed for 2 hours per day.
- Wear compression stockings on both legs as much as possible until your 2 week follow-up for arthroscopic surgeries. They may be removed for 2 hours per day.

Total Hip or Knee Replacement



- Wait at least 3 months from your surgery date for any type of dental/medical procedures unless it is an emergency.
- Dr. Jarrett would like you to use the walker/cane for at least the first 3.5 to 4 weeks after surgery for safety and stability. This may also help with pain control.

Driving Restrictions

- We recommend that you have an adult driver from your surgical procedure
- No driving while taking narcotic pain medication, or while in a boot or cast
- No driving for 6 weeks after right total hip/knee replacement
- No driving for 2 weeks after left hip/knee replacement
- No driving for 48 hours after arthroscopic surgery
- We also recommend that you have an adult friend/family member stay with you for the first 24 hours once you are home



Dressing/Bandage Care

Total Joint Replacements

- Your bandage will be an Aquacel. You may shower with this bandage. However, please avoid flow of water directly on bandage.
- Attempt to keep your bandage clean and intact until your 2 week post-op visit.
- If your bandage becomes more than 50% saturated with blood, please call our surgery line at 910-815-7445 or your home health physical therapist. They can usually change it if they feel it is necessary.

Arthroscopic surgeries:

- You may remove your bandage and apply Band-Aids after 48 hours. You may shower at this point as well.

DO NOT submerge the surgical site under water of any form until the incision site has completely healed, which is usually at least 4-5 weeks after surgery for most procedures.

Activity

It's important not to “overdo it” initially after surgery. We suggest that you pre-make some meals and buy some paper plates/cups to help reduce your workload. Also don't forget to ask your family/friends for help if needed.

No heavy lifting or strenuous activities for 6 weeks after surgery



Post-op Symptoms to Expect

Every patient will experience a certain amount of pain, swelling, bruising, and numbness after surgery. Using the following interventions usually improves your symptoms daily:

- rest
- cool compress for 20 minutes on/20 minutes off, using a barrier in between your skin and the compress for protection
- elevating the site above the heart
- taking your prescribed medication as directed

An increase in your symptoms at the end of the day can be an indication of overdoing it

Constipation

Constipation is very common after surgery, especially if you are taking a post-op narcotic.

- After surgery and once you are able, drink plenty of fluids.
- Take a stool softener daily along with the narcotic to help prevent constipation.
- Have an over-the-counter remedy for constipation in case this is an issue. Examples: MiraLAX, prune juice, milk of magnesia
- If oral meds are not effective, try a Dulcolax suppository or an enema. Call our surgery line at 910-815-7445 if you have not produced a bowel movement within 24 hours of a Dulcolax suppository or an enema.
- If you are unable to have a bowel movement despite these interventions, please call the surgery line.

Medications

- For most surgeries we recommend that you hold NSAIDs (medications like Aleve, Ibuprofen, Motrin, Meloxicam) and supplements (vitamins, minerals, and herbs such as turmeric, CoQ10, vitamin E, or fish oil) for seven days prior to surgery.





NOTHING TO EAT AFTER 10PM

the night before your surgery. This includes food, gum, hard candy and any tobacco products or e-cigs.

You may drink clear liquids up to two hours prior to arrival time.

Approved Clears: water, apple juice, Pedialyte, Gatorade, Vitamin water or other electrolyte drink, lemonade without pulp, Kool-Aid, sodas, black tea and black coffee (no cream), gelatin (without fruit), popsicles (without fruit or cream), Italian Ice, juices (without pulp)

Liquids NOT Allowed: milk, cream, milkshakes, tomato juice, orange juice, grapefruit juice, any juice with pulp, soup or broth

*If you have a diagnosis of Gastroparesis or you have been told your stomach passes food slowly, please do not drink anything for 6 hours prior to arrival time.



OF NOTE:

You will be contacted the day before your procedure with an arrival time. That time is subject to change; you may be called the day of surgery and asked to come earlier than originally expected. Please take into consideration when choosing to drink clear fluids.

No Nicotine

No nicotine now and for at least 3 months after surgery.

Nicotine test must be negative to proceed with surgery.



Surgical Soap

Total Joint Replacements:

Follow these instructions for 3 days prior (morning and evening) AND morning of surgery



- Wash face/genitalia with your normal soap.
- Apply chlorhexidine wash to all body parts except genitalia, face, or splinted area. Allow it to stay on for about 5 minutes.
- Thoroughly rinse off all areas where soap was applied.

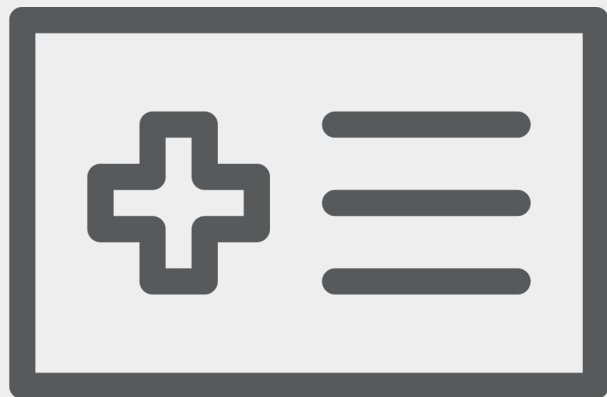
Clothing

- Wear something loose, comfortable, and easy to remove on the day of surgery. The surgical team will be placing you into a surgical gown.
- Do NOT wear any jewelry or body piercing on the day of surgery.



If you become sick prior to surgery — for example if you have a cough, cold, fever, or severe toothache — or if you have any symptoms that indicate you are not well, please notify our staff as soon as possible.





Bring your photo ID and insurance card the day of surgery.

Surgery Arrival Time

Novant Ortho Hospital:

- You should receive a call with your arrival time the evening prior to surgery. If you do not get a call with this information by 5 pm, please call 910-667-8787 right after 5 pm to get your arrival time. For Monday surgeries, call the Friday evening prior.

Wilmington Health ASC:

- You will receive a pre-operative call by the ASC staff, as well as a call the business day before with your surgery time. Example: If your surgery is on a Monday, the ASC staff will call the Friday before.



New Hanover Orthopedic Hospital

If you are having a total joint replacement, expect to stay overnight. You will usually go home the next day if there are no complications. If you plan to go to a rehab facility to recover, you may be required to stay a total of 3 nights.

**Wilmington Health ASC patients
go home on the day of surgery.**



If you have any questions or concerns related to your surgery, your incision site, your bandage, etc., please **call our nurse surgery line at 910-815-7445**. This is a voicemail line that is checked several times a day during normal business hours. Please don't forget to leave your name, date of birth, surgery date, and your issue of concern.

- **SURGERY LINE**
910-815-7445
- **PHARMACY HOTLINE**
910-341-3307
- **EMERGENCY AFTER-HOURS LINE**
910-341-3300



FMLA Forms/Paperwork

- If you have paperwork that we need to complete as a result of your surgery, please call one of our patient reps to discuss this process at **910-341-3455** OR the clinical staff line at **910-341-3486**.
- There will be a fee, and please allow 5 days for paperwork to be processed.





Questions?