



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.

ALLOW 48 HOURS FOR REFILLS



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 or have an Aspirin allergy, this will not apply. Typically Aspirin 81 mg two times per day for 6 weeks after surgery.
- Wear compression stockings on both legs as much as possible until your 6 week follow-up for joint replacements. The stockings 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. Take Aspirin 81 mg one time per day for 4 weeks after surgery.

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 an adult drive you home 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. Symptoms may last for 6 to 8 weeks 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 7 to 8 times per day or more
- 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, Advil, Ibuprofen, Motrin, Meloxicam, Diclofenac, Celebrex) and supplements (vitamins, minerals, and herbs such as turmeric, CoQ10, vitamin E, or fish oil) for seven days prior to surgery.



Diabetic or weight loss medications

(GLP-1 Agonists):

If you are on a weekly diabetic/weight loss injection, this must be stopped at

least 8 days prior to surgery*

NHRMC Ortho Hospital:

GLP-1 Agonists/weekly injections for diabetes or weight loss or if you have

Gastroparesis-may only have clear liquids the day before surgery, stop drinking clear

liquids 2 hours prior to surgery arrival time.

Wilmington Health ASC:

GLP-1 Agonists/weekly injections for diabetes or weight loss or if you have

Gastroparesis-may only have clear liquids the day before surgery, stop clear liquids at

midnight, nothing after midnight except sip of water for medications morning of surgery.



Diabetic specific medications (SGLT-s inhibitors):

- **Metformin**-hold the day of surgery and the day prior
- **Invokana** – hold 3 days prior
- **Jardiance** – hold 3 days prior
- **Synjardy** – hold 3 days prior
- **Qtern** – hold 3 days prior
- **Xigduo** – hold 3 days prior
- **Farxiga** – hold 3 days prior
- **Glyxambi** – hold 3 days prior
- **Inovokamet** – hold 3 days prior
- **Trijardy** – hold 3 days prior
- **Steglatro** – hold 4 days prior
- **Steglujan** – hold 4 days prior
- **Brenzavvy/Bexagliflozin**-hold 3 days prior





NHRMC Ortho Hospital: NPO/nothing to eat after 10pm the night prior to surgery, may drink clear liquids up to 2 hours prior to surgery arrival time.

Wilmington Health ASC: NPO/nothing to eat after 10pm the night prior to surgery, may drink clear liquids up to midnight the night before, nothing else after midnight except sip of water for medications the morning of surgery.

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

Gastroparesis (your stomach passes food slowly)

Wilmington Health ASC

Hip and Knee Replacements

Antibiotics will be prescribed:

-Cephalexin 500 mg every 8 hours (3 times per day) for 3 days after surgery-
start the day after surgery

-If Penicillin allergy-Clindamycin 300 mg every 8 hours (3 times per day) for 3
days-start the day after surgery

No Nicotine

No Nicotine products **NOW** and **NO NICOTINE PRODUCTS FOREVER.**

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.
- Arthroscopic knee surgery: shower the day before surgery morning and night and morning of surgery.
- You may use your normal shampoo

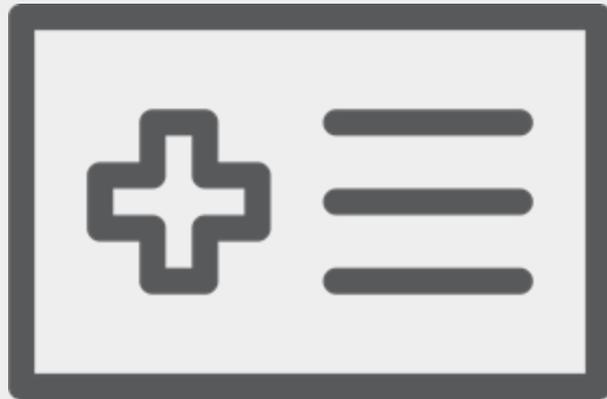
Clothing

- 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.
- Nail polish does not have to be removed for surgery



If you become sick prior to surgery — for example if you have a cough, cold, fever, or severe toothache, or open wound — 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 from the ASC staff, as well as a text message the business day before with your surgery time, usually by 3 PM. Example: If your surgery is on a Monday, the ASC staff will text 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.

ALLOW 48 HOURS FOR REFILLS

- **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 7 to 10 business days for paperwork to be processed.





Questions?