



# Orthopaedic Surgery & Sports Medicine Pre-Operative Instructions

Dr. Claude 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.
- **Gabapentin 300 mg**  
**Take 1 morning of surgery, then 1 every 8 hours; scheduled first 2 days, then as needed.**
- **Naprosyn 500 mg**  
**Take 1 morning of surgery, then 1 every day; scheduled first 2 days then as needed.**
- **Tylenol 500 mg**  
**Take 2 morning of surgery, then 2 tablets every 8 hours; scheduled first 2 days then as needed.**

## Driving Restrictions

- We recommend that you have a driver both to and from from your surgical procedure.
- No driving while taking narcotic pain medication, or while in a splint, sling/brace, or cast.
- 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

- 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.

**DO NOT** submerge the surgical site under water of any form until the incision site has completely healed, which is usually at least 1 month after surgery for most procedures.

## Activities

- No heavy lifting or strenuous activities for 6 weeks after surgery.
- On the affected side, do not lift anything heavier than a cup of coffee the first 2 weeks post-op.
- Then, nothing heavier than a gallon of milk (8-10 pounds) for the remaining 4 weeks.

## Don't Overdo It

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

## 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
- Elevate the site above the heart
- Take 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.



## 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
- Farxiga – hold 3 days 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
- Glyxambi – hold 3 days prior
- Inovokamet – hold 3 days prior
- Trijardy – hold 3 days prior
- Steglatro – hold 4 days prior
- Brenzavvy/Bexagliflozin-hold 3 days prior
- Steglujan – hold 4 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)\*

## No Nicotine

1 week prior to surgery and 6 weeks after surgery. Nicotine can delay healing and lead to complications after surgery.

\*For total shoulder replacements do not use Nicotine products for 3 months after surgery\*



## Surgical Soap

Follow these instructions for 1 day prior (morning and evening) AND morning of surgery



- Apply to all body parts except genitalia, face, open wounds, or splinted area.
- Take your normal shower, wash face/genitalia with your normal soap.
- Apply this special soap to all body parts except genitalia, face, or splinted area; allow to stay on for about 5 minutes.
- Rinse off all areas that soap was applied very well.

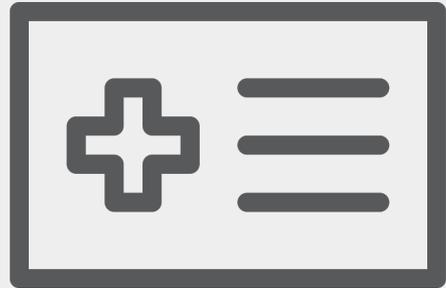
## Clothing

- 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.
- Shoulder surgery: oversized zip up or button up shirt day of surgery and after surgery while in sling.



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

You will receive a call from the surgery center to go over your medical history and medications; **you will be told by the surgery center staff which routine medications to take the morning of your procedure.**



**\*Monday surgeries, call the Friday evening prior\***

## NHRMC Ortho Hospital:

- You will receive a call with your arrival time the evening prior to surgery. If you do not get a call with this information by 5pm, please call **910-667-8787 (at 5pm)** to get your arrival time.

## Wilmington Health ASC:

- You will receive a call with your arrival time by the ASC staff the day before your surgery; if your surgery is on Monday, the ASC staff will call Friday with your arrival time. If you do not hear from the **ASC by 3:30pm the evening prior to your surgery, (at 3:30pm), please call (910) 815-6100.**

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 **7 days** for paperwork to be processed.



## Shoulder Surgery

- You will be in a sling for 6 weeks, NO DRIVING for 6 weeks while in sling.
- Sleep in a recliner or adjustable bed with upper body elevated, you will not be able to lay flat with sling on.
- Do not use the cold therapy machine longer than 30 minutes.
- Remove the sling once a day to provide hygiene, while out of sling, put arm gently down by your side, DO NOT raise arm in any way.
- Wash, rinse, and dry well under your arm by sliding a washcloth/wipe under your arm.

Shoulder sling video link:

[https://youtu.be/Xh4riZvdq\\_g?si=FMcG5CSfDJPFvhXv](https://youtu.be/Xh4riZvdq_g?si=FMcG5CSfDJPFvhXv)

## Activity Modifications

Prior to surgery, you should practice modifying your activities to prepare for surgery. For example, when dressing and undressing, remember the rule, “**put on first, take off last**”, when referring to your surgery extremity. When dressing, you should always put the affected side in your sleeve first, then the non-affected side. When undressing, you should take the unaffected side off first, then the affected side.

## Total Joint Replacement

If you are having a total joint replacement at NHRMC Ortho, you will more than likely go home same day, however, be prepared to stay overnight in case there is an issue that requires overnight stay.





Questions?