



Cascade
Orthopaedic Group

PREOPERATIVE AND POST-OPERATIVE INSTRUCTIONS

Wound Care

- Keep wound clean and dry.
- After 4 days, you may remove surgical dressing. Cover with dry dressing if any drainage.
- Do not apply creams, oils, or lotions (Vit. E, antibiotic ointment, etc.) to wound prior to first post-op appointment. You will be told when you can do this once the staples or sutures are removed.
- You may shower and get incision wet after 4 days. Do not scrub incision, let warm soapy water wash over it and pat dry.
- NO soaking in a bath, hot tub, or pool for at least 4 weeks after surgery.
- Any persistent wound drainage 1 week after your surgical procedure should be reported to your surgeon.

Pain Medication

- Take Pain medications as prescribed.
- Nausea medication, if prescribed, will not only help with nausea but will help the pain medication work better.
- You may take Tylenol in addition to pain medication **ONLY IF** you are prescribed Oxycodone. Vicodin & Percocet have Tylenol in them and Tylenol should not be taken in addition to these pain medications to avoid liver toxicity issues
- **NEVER** take more than 4 grams or 4,000mgs of Tylenol per day.

- We do not refill pain medications at night or over weekends. If you know you'll run out during those times, call Monday through Thursday 8AM-5PM to refill them.

Anti-inflammatories, Aspirin, & Blood Thinners

- **Anti-inflammatories** include Aleve, Naprosyn, Ibuprofen, Advil, etc.
- **Blood thinners** include Coumadin, Heparin, Lovenox, Pradaxa, etc.
- Stop taking Aspirin 1 week prior to your surgical procedure.
- **Always** check with your general practitioner, cardiologist, or orthopaedic surgeon before stopping your blood thinners prior to surgery.
- Generally, we stop Coumadin 5 days prior your surgical procedure
- Always follow the advice of your general practitioner regarding use of Anti-inflammatories, especially if you have Gastrointestinal or Kidney issues.
- Anti-inflammatories **should not** be taken with most blood thinners
- Anti-inflammatories **can and should** be taken after joint replacement procedures once you are off blood thinners