



Dear Patient,

Thank you for entrusting me with your care. Please read through the following packet of information, I think you will find it helpful as you begin your recovery. It was carefully arranged to provide useful postoperative instructions and answers to many frequently asked questions. On the following pages you will find additional instructions and information specific to your procedure. If other questions or concerns arise, do not hesitate to call the office.

Sincerely,

Lasun O. Oladeji, MD, PhD

Orthopaedic Surgery & Sports Medicine

UHealth University of Miami Health System

UHealth SoLé Mia
2111 SoLé Mia Way
North Miami, 33181
TEL: (305) 243-4000

UHealth Lennar
5555 Ponce de Leon Blvd
Coral Gables, FL 33146
TEL: (305) 243-4000

UHealth Plantation
8100 SW 10th St Building
3
Plantation, FL 33324
TEL: (305) 243-4000

Jackson Memorial
1611 NW 12th Ave
Miami, FL 33136
TEL: (305) 585-1111

General Postoperative Instructions

DIET

- Begin with clear liquids and light foods (jello, soup, etc.), avoid greasy, spicy foods for 24hrs.
- Increase fluid intake (water, Gatorade, etc.) to help prevent constipation.

ANESTHESIA

- If anesthesia placed a nerve block, you may have numbness or inability to move the limb for up to 24 hours.
- When the nerve block begins to wear off, (you will feel a tingling sensation, like pins and needles), we suggest you start taking the pain medication to ensure that you stay ahead of the pain.

PRESCRIBED MEDICATIONS

- **Narcotic pain medicine** (Percocet or Norco): may cause constipation, nausea, itching, and excessive drowsiness. Take an over-the-counter stool softener (see below) to reduce constipation. Take over the counter Benadryl (25-50mg) for itching. Narcotic pain medications often produce drowsiness and it is against the law to operate a vehicle while taking these medications.
- **Anti-inflammatory (NSAID) medicine** (Ibuprofen, Naprosyn, or Mobic): Do NOT take this medication if you have had an ulcer in the past unless you have cleared this with your primary care doctor. You should take NSAIDs with food to reduce stomach upset. If you develop stomach upset or black tar colored stool, stop taking and contact your physician.
- **Stomach medicine** (Pantoprazole): This medicine reduces the amount of acid produced in the stomach. Please take it to help decrease the risk of stomach ulcers when taking anti-inflammatories.
- **Anti-nausea medicine** (Zofran): Nausea may be related to either anesthesia or the narcotic pain medication. You may take this medication as necessary.
- **DVT prophylaxis** (Aspirin, Xarelto, Lovenox, or Coumadin): Shoulder replacement patients and those over the age of 18 who have had lower extremity surgery, should take baby aspirin (81mg) once daily. □ For most patients, activity alone is sufficient to prevent dangerous blood clots, but in some cases your personal risk profile and/or the type of surgery you have undergone makes it necessary that you take medication to help prevent blood clots. If this applies to you, Dr. Oladeji will provide the appropriate prescription.
- **Stool softener** (Colace and/or Senna): Available over the counter at your local pharmacy and should be taken while you are taking narcotic pain medication to avoid constipation. You should stop taking these medications if you develop diarrhea.

ICE

- Reduces inflammation and improves pain control. Ice several times each day for 30 minutes at a time. □ Please make sure there is a thin piece of material (sheet or towel) between the ice and your skin.
- If you opted for one of the commercially available ice machines and a compression setting is available, you should use LOW or NO compression during the first 5 days. After that, you may increase compression setting as tolerated. If the compression is bothering you then do not use compression.
- Ice as much as possible (30 minutes on, 30 minutes off, etc.). The more you ice during the first 2 weeks, the less pain, swelling, and inflammation you will experience.
- If you have a known diagnosis of RSD or CRPS, do not use ice.

BANDAGES and INCISION

- You may remove the dressing after 2 days, and leave incision open to the air
- Do NOT remove Steri-strips if present. Steri-strips may come off on their own, which is normal.
- Keep your incision dry until your first postoperative visit, approximately 10-14 days after surgery.
- Do NOT apply ointment or creams to incision.
- Do NOT clean the incision with soap, water or alcohol.

SHOWER

- You may shower after the bandage has been removed, but keep incision dry.
- Covering them with saran wrap is an inexpensive and effective way to keep dry. There are also a number of other water-repellent bandages available at your local pharmacy that work as well.
- You may remove your sling or brace to shower, unless otherwise instructed.
- We recommend placing a plastic chair or bench in the shower to help prevent falls.
- Do NOT take baths, go into a pool, soak or submerge the operative site until approved by Dr. Oladeji.

PHYSICAL THERAPY

- Physical therapy should begin immediately post-operative except for rotor cuff repairs and shoulder stabilizations. which typically starts 4-6 weeks after surgery.

DRIVING

- You may drive when you are (1) no longer wearing a sling or knee brace (2) when you are no longer taking narcotic pain medication.
- It is against the law to drive while wearing (or should be wearing) a sling on either upper extremity or a brace on the right lower extremity.
- It is against the law to drive while taking any narcotic pain medication (even when legally prescribed).

TRAVEL

- Avoid long distance travel for the first six weeks after surgery.
- Discuss your travel plans with Dr. Oladeji. If certain traveling is unavoidable, additional medications may need to be prescribed to help prevent blood clots.

RETURNING TO WORK OR SCHOOL

- Typically, you may return to sedentary work or school 3-7 days after surgery.
- Dr. Oladeji will determine when you may return to more physically rigorous demands.
- If you require any specific letters for work or school please let us know.

FOLLOW-UP

- Follow-up appointment should be arranged for 10-14 days after surgery. If one has not been provided. please call the office to schedule.

NORMAL EXPERIENCES AFTER SURGERY

PAIN: surgery hurts. The first 72 hrs. are the worst. It does get better.

REDNESS: small amount around the sutures is normal. If it worsens or spreads contact us.

DRAINAGE: a small amount is normal for 2-3 days. If drainage beyond this time, contact the office.

BRUISING: is common and often tracks down the arm or leg due to gravity.

FEVER: low-grade fevers (less than 101.5° F) may occur during the first week after surgery.

NOTIFY US IMMEDIATELY FOR ANY OF THE FOLLOWING

- Temperature greater than 101.5° F.
- Severe nausea, vomiting, diarrhea, or constipation.
- Chest pain or shortness of breath (go to ER).
- Sutures become loose or fall out and incision becomes open.
- Change is noted to your incision (increased redness or drainage).
- Drainage that persists greater than 3 days or becomes yellow or foul smelling.
- Increased pain unrelieved by medication or measures mentioned above.

POSTOPERATIVE RESTRICTIONS

Shoulder/Elbow

Weight Bearing

- WBAT
- Non weight bearing

Sling/Splint

- At all times including sleep
- Remove for approved exercises and hygiene
- For comfort only

Range of Motion

- As tolerated
- No shoulder range of motion, elbow and wrist motion as tolerated
- No elbow range of motion, shoulder and wrist motion as tolerated

Knee

Weight Bearing

- WBAT
- Toe Touch (20%)
- Non weight bearing

Brace

- None
- At All Times
- Remove for approved exercises and hygiene

Range of Motion

- As tolerated
- 0-90°, brace locked in extension when ambulating
- None, brace locked in extension at all times

Ankle

Weight Bearing

- WBAT
- Partial (50%)
- Toe Touch (20%)
- Non weight bearing

Splint/CAM Boot

- None
- At All Times
- When Ambulating

Range of Motion

- As tolerated
- None

Physical Therapy (PT)

- Approved Home Exercises
- No formal PT at this time
- Begin outpatient PT ASAP (prescription and guidelines included)