

## Post-Operative Surgical Instructions

### Wound Care

- The dressing is waterproof, so you may shower with it on and when it is off.
- 10 days after surgery you may remove the bandage at home. You may leave the incision uncovered. (For total knee replacements, do not pick steri strips off, they will fall off. Total hip replacements, if there is any skin on incision contact/rubbing, place a clean dry gauze pad in the skin fold to prevent irritation.
- **DO NOT** soak the dressing/incision in a bath tub, hot tub or swimming pool.
- You will be cleared by Dr. Antonacci six to twelve weeks after surgery once the incision is healed.

### Medications After Surgery

- Continue Iron 65mg (Ferrous Sulfate 325mg) by mouth once every other day; and Vitamin C 500mg by mouth; twice a day, for 4 weeks after surgery
- Start Aspirin 81mg 1 tablet by mouth, twice daily, for 4 weeks after surgery, unless another anticoagulant is prescribed, such as Xarelto, Eliquis, Coumadin, or Lovenox.
- Mobic (Meloxicam) 15mg tablet, daily for 30 days after surgery to help with swelling and inflammation, unless there is a contraindication to NSAIDs
- Neurontin (Gabapentin) 100mg, take 1 tablet 3 times a day for nerve pain
- Extra Strength Tylenol (Acetaminophen) 500mg take 2 tablets every 8 hours as needed for pain (limit 6 tablets per day)
- Ultram (tramadol) 50mg take 2 tabs every 8 hours as needed for pain (limit 6 tablets per day)
- **DO NOT** take over-the-counter anti-inflammatory medication until cleared by Dr. Antonacci, as this may increase your risk of bleeding after surgery

### Call the office if you experience the following:

- Redness, drainage or increased swelling is noted in the operative area
- Calf tenderness and pain with movement
- Fever over 101.2° F
- Nausea or Vomiting
- Severe pain, not relieved by pain medication

## **Proper Elevation**

The following is extremely beneficial for swelling and pain control:

- Lay on your back, either on a bed or couch, not in a recliner, and place 3-4 pillows under both legs. The goal is to have your legs elevated above the level of your heart. (You may sit in the recliner through the day, however, when elevating the legs you must lay flat).
- Elevating is to be done for 30 minutes to an hour, at a minimum of twice a day. This is strongly encouraged for the first two week after surgery, for both hip replacements and knee replacements.
- During this time we also recommend icing the incision over your clothes
- Compression stockings are to be worn for 2 weeks after a total HIP replacement and for 6 weeks after a partial/total KNEE replacement. They are to be worn during the day and removed at night.

## **Nausea and Constipation**

- The anesthesia and pain medications can cause nausea and/or constipation. It is critical for healing, as well as to prevent nausea, to have food in your stomach prior to taking any medications.
- Boost or Ensure products may be helpful in these situations. To combat constipation, you should stay well hydrated with water/fluids and take over-the-counter Colace capsules twice a day after surgery.
- Other helpful products include Miralax or Benefiber

## **Important Miscellaneous Information**

- No dental work for 2 weeks before surgery **AND** for 3 months after surgery. You are not required to take an antibiotic prior to routine dental cleanings, however, for any dental procedures it is recommended. Our office will be happy to call in a prescription for you upon request. An antibiotic is also recommended prior to any invasive procedure, such as colonoscopy or biopsy, for a lifetime.
- No flu shots for 2 weeks before or 6 weeks after surgery
- Any travel by air or long car rides prior to 3 months after surgery will require clearance and anticoagulation medication by Dr. Antonacci.

Any further questions please contact:

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