



College Park Family Care Center, P.A.

Orthopedic Surgery

BASIC SURGERY

Pre-operative Instructions

- **Do not eat or drink after midnight the night before surgery.** This includes chewing gum, candy and mints. No smoking or tobacco products.
- You will need to obtain crutches if you don't already have them. Bring them with you the day of surgery.
- Stop all blood thinners 1 week prior to surgery, unless directed otherwise. This includes Coumadin, Aspirin, Anti-inflammatories such as IBU, Aleve or Celebrex. You may use acetaminophen for pain.
- Stop all herbal supplements 1 week prior to surgery.
- Plan to spend approximately 2-4 hours at the surgical facility.
- Arrange for someone to drive you home and stay with you through the night.
- The Surgi Center will call you 2-3 days prior to surgery.

Post-operative Instructions

- Apply ice to the operative area for 20 minutes each hour for the first 24-48 hrs, then as frequently as needed to decrease swelling and for comfort. You should also use ice after each therapy session.
- Keep dressing on and dry for the first 48 hrs, then remove dressing and shower. You may then get your incisions wet, pat the area dry after showering.
- You will follow up with Dr. Gurleys Physician Assistant, Jenny Cummings at 5-7 days post op. If you do not already have a scheduled appointment, please call our office at 913-469-6447.
- DO NOT soak in a tub or a pool
- Take the anti-inflammatory medication as prescribed to you. Once you have finished the prescribed medication, replaced it with 2 Aleve in the morning and 2 at night or IBU 800mg 3 times a day.
- Take the pain medication on an as needed basis only. Be aware that a common side effect of some pain medications is constipation. It is important to remain well hydrated and include fiber in your diet. You may use an over the counter stool softener or laxative if necessary.
- Start slowly with your diet, progressing from clear liquids to a regular diet. Avoid heavy or greasy foods for the first 24 hrs.
- Unless instructed otherwise perform basic range of motion exercises 2-3 times per day. Begin these the day of surgery.