



*Orthopedic Surgery, Sports Medicine & Arthroscopy Specialists*

## **Jonathan Watson, MD**

### **POST-OPERATIVE INSTRUCTIONS**

1. Remove your dressing Post-op day #2. Please leave the Steri-Strips (small white band-aids) on. Please do not put ointment or lotion on your incisions. If the Steri-strips fall off, place band-aids over incision sites. For larger incisions please cover with 4x4 gauze and tape/tegaderm.
2. Use your ice machine/ice pack as often as possible to decrease pain and swelling. Do not place these directly onto the skin, it should be wrapped with a towel or ACE bandage. Use for 20 minutes at a time several times per day. It is common after arthroscopic procedures to have swelling and bruising due to the fluid required for the procedure. This usually resolves over a few days.
3. It is ok to shower beginning on postop-day 3. Cover the incisions with waterproof bandage. Do not submerge your incision in a bath/pool/hot tub until your incisions are completely healed (minimum 3 weeks).
4. Start range of motion exercises as instructed immediately.
5. If you develop a fever (>101) or redness/swelling/drainage from your incision, worsening pain in your leg or numbness/weakness in the arm please notify the office immediately.
6. A blood clot (DVT) is a risk of surgery. If you have painful swelling, redness in the extremity associated with this please call the office or go to the emergency department immediately. Please see below for recommended DVT prevention medication after your surgery.
7. A nerve block may have been performed prior to your procedure. Typically, numbness from this procedure lasts 1-3 days. Please notify the office if you have persistent numbness.
8. You will be given a prescription for pain (narcotic-norco/tramadol/etc). These should be used as-needed. If these medications are not tolerated, you can switch to extra strength Tylenol (500mg). Constipation is a common side effect. You can take an over the counter medication. (Colace, dulcolax, etc). Narcotic medication will not be provided after 2 months postoperatively. If needed a referral to a pain management specialist will be provided.
9. No NSAID medication for 6 weeks postoperatively for those patients who have had a repair (rotator cuff, labrum, fracture fixation, ACL/meniscus repair) or a Bone Marrow aspiration. This is to allow for proper healing.
10. Hip arthroscopy patients- Indomethacin should be taken to prevent extra bone formation around the hip. Please take all of the medication as directed.
11. Rotator cuff repair patients- you may be prescribed Doxycycline. This medication aids in rotator cuff healing, also functions as an antibiotic. Please take all of the medication as directed.
12. Your first follow-up visit should be 10-14 days after surgery, please call the office to schedule if you have not done so already.
13. Driving- unless otherwise noted, no driving will be allowed until are off narcotic pain medication.
14. Physical Therapy protocol ([www.jonwatsonmd.com](http://www.jonwatsonmd.com)):
15. Weight bearing status:
16. DVT prophylaxis:
17. Additional medications prescribed:
18. Physical therapy start date postoperatively:
19. Brace/sling/splint usage: