



JORDAN-YOUNG INSTITUTE
ORTHOPEDIC SURGERY & SPORTS MEDICINE

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JORDAN-YOUNG INSTITUTE
ORTHOPEDIC SURGERY • SPORTS MEDICINE
NEUROSURGERY • PHYSICAL MEDICINE & REHABILITATION

Kevin F. Bonner, MD
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Patient Reminders for Surgery

Before Surgery

- **Prescription medications-** The ambulatory surgery center or hospital will call you to inform you on what medications you can and cannot take prior to surgery.
- **Over the counter medications-** Stop taking the following medication 7 days prior to your surgery, unless otherwise instructed:
 - NSAIDS (ibuprofen, Advil, Motrin, Aleve, etc.)
 - Aspirin -try to stop 10 days prior to surgery unless otherwise directed by your medical physicians
 - Multivitamins, Vitamin E supplements
 - Herbal supplements starting with the letter “G” (i.e. Ginseng, Gingko balboa, Glucosamine, etc.)
 - Fish Oil
- **Physical Therapy-** Call now to make your first appointment for 2-3 days after your procedure. You will receive your prescription for therapy the day of your surgery. If you are having surgery for adhesive capsulitis “frozen shoulder” then we ask that you try to set up your first PT appointment the day after surgery.
- **Durable Medical Equipment-**
 - Knee Surgery- Bring crutches, cane or walker with you and leave them in your car. If you require a brace, bring it into the hospital with you.
 - Shoulder Surgery- Bring your sling or brace with you into the hospital.
- **Shaving-** Do not shave the operative extremity for 2 days prior to surgery.
- **Shower-** Use Chlorhexidine Gluconate (hibiclens) the night before and the morning of surgery. Follow the instructions on the bottle for preoperative use. You can obtain this at most drug stores. You do not need a prescription for hibiclens.



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- **Nothing to eat or drink** after midnight before your surgery. An exception is that as long as you do not have reflux issues you may be able to drink water only up to 3:00 AM.

Surgery

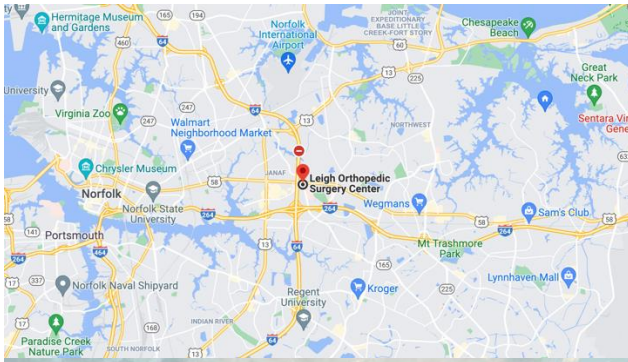
- **The ambulatory surgery center or hospital should call you one business day prior to your surgery to inform you of the time you should arrive. If for some reason they do not you can call our office the day prior at (757) 502-8561 or 8560.**
- Leigh Orthopedic Surgery Center
 - 6201 East Virginia Beach Blvd, Ste 200, Norfolk, VA 23502
 - This will be the most likely place you will be having surgery unless there are extenuating circumstances that necessitate your surgery being done at Sentara Leigh Hospital.
- Sentara Leigh Ambulatory Surgery Center (to the left of the Emergency Department)
 - 838 Kempsville Road, Norfolk, VA 23502
- Sentara Leigh Hospital Main OR



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After Surgery

- **Elevate** your leg above the level of your heart to allow gravity to reduce swelling and bruising, which will help lessen your pain.
- **Ice** the surgery site 20 minutes each hour while you are awake. Do not leave directly on your skin for more than 20 minutes.
 - The hospital will give you an ice pack at discharge, use it.
 - Bags of frozen peas actually work well and can be molded to your surgical site.
- **No showers for 2-3 days**
 - **After 2-3 days when you shower try** keep the incisions dry (using Glad Press and Seal works well). If they get wet just dry them off with a towel.
 - It is often helpful to wait until your first PT visit so they can remove the larger bandage.
 - Try to keep incisions should stay dry for at least 2-3 days.
 - Keep the sterri-strips in place- they will fall off slowly in 2-3 weeks typically.
 - No submerging in water (baths, pools, hot tubs, etc.) until cleared by our office.
- **Post-op driving:**
 - No driving while taking narcotics (pain medicine).
 - Shoulder surgery typically requires use of a sling or brace. During the duration of the sling or brace you should not drive.
 - Knee surgery is variable depending on which leg had surgery. You should not drive until you have the strength and reflexes required to stop quickly in an emergency. This may be days to up to 6-8 weeks for more extensive surgery.

Medications after surgery



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Pain Medicine (narcotics) Pain relief	<ul style="list-style-type: none"> • Should be started once you get home and taken regularly (as prescribed) until the numbing medicine wears off. It's <u>better to take with food</u>. • Pain medicine is constipating. <u>When you start pain medicine, start the stool softener/laxative.</u> • Once the numbing medicine wears off, you can feel how much pain you have and better determine how much pain medicine you really need to take. • Please try to wean off pain meds as soon as possible. <p>***You DO NOT have access to refills after hours (evenings and weekends). You must call the office during normal business hours (M-F 8AM-5PM) if you require a refill. Plan ahead and if a refill may be needed during the upcoming weekend please call by 10:00 AM on Friday at the latest***</p>
Tylenol (acetaminophen) Pain relief	<ul style="list-style-type: none"> • Take Tylenol as needed – 1,000 mg every 6-8 hours. • It can provide additional pain relief when used with the narcotics AND it can be used as an alternative to help you wean off the narcotics if they are no longer needed. • Some narcotics contain Tylenol (Norco, Vicodin and Percocet). Each tablet has 300-325mg of Tylenol. • Max daily dose is 4,000 mg per day (3,000 mg per day for those >60 years old or those with history of liver disease). Do not take more than this maximum dose of Tylenol! • Your pain medicine is dosed every 4-6 hours (look at the bottle for instructions) and Tylenol is also dosed every 6-8 hours therefore alternating your pain medicine and Tylenol every 3-4 hours will give you better pain control and allow you to wean off the pain medicine easier. DO NOT exceed dosing instructions on either medication.
NSAID* (anti-inflammatory) Motrin/Advil (ibuprofen) or Aleve (naproxen/naprosyn) Pain relief and inflammation	<ul style="list-style-type: none"> • If you can tolerate them, it can also provide additional pain relief following surgery. • It should be started the day after surgery, only if you are ok to take them. • Some patients will be instructed to take it for 5 days only if you have had a repair (rotator cuff, labral, ACL or meniscus repair). • Others may be able to take them for up to 2 weeks depending on the type of surgery.
Anti-nausea Nausea	<ul style="list-style-type: none"> • Phenergan or Zofran may be taken only as needed. • These medications <u>may cause sedation</u>.
Stool Softener Constipation	<ul style="list-style-type: none"> • Colace, Sennakot or Mirlax should be taken if you are taking your pain medicine, all narcotics are constipating. • When you start your pain medicine, you should start the stool softener/laxative.
Blood thinner Prevention of blood clots	<ul style="list-style-type: none"> • You DO / DO NOT need to take a blood thinner after surgery. • If you need a blood thinner it should be started the day after your surgery and taken as follows: <ul style="list-style-type: none"> • Aspirin 325 mg tab 1 tab twice daily for 2 – 4 weeks. • Xarelto 10mg tab 1 tab daily for 10 days. You cannot take NSAIDs with xarelto.
Narcan Nasal Spray Suspected overdose	<ul style="list-style-type: none"> • Used in the event of suspected overdose caused by taking too much pain medicine. Follow instructions given in the package insert.



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*****All of the above medications are ok to be taken together** (except xarelto and NSAIDs). All medications are dosed at different intervals, so it's **important to read the dosing instructions** on the prescriptions for how often each medication may be taken.***