

Phil Davidson M.D.
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Surgical and Post-Surgical Instructions- Phil Davidson, MD

Name: _____ Date of surgery: _____

PRIOR TO SURGERY:

1. Please STOP taking any of the following listed medications **5 days prior to surgery**, these may lead to increased risk of bleeding. The medications include: Alka Seltzer, Aspirin, IBU, Aleve, Xarelto, Coumadin (unless directed by your surgeon for this procedure), Excedrin, Heparin, Nuprin, Plavix, Pletal, Salsalate, Ticlid, Toradol, Vitamin E, Vitamin B, St. John’s Wort, Fish Oil or any other mega dose vitamins. You may take a multivitamin up to the day of surgery. You may resume your supplements and medications the day after surgery. **DO NOT DISCONTINUE ANY OTHER MEDICATIONS YOU MAY BE TAKING.** If you are taking Heparin, Xarelto, Coumadin, Plavix or Ticlid, please advise your doctor right away.
2. **Surgery check-in time:** This is assigned by the surgical facility or hospital 24-48 hours prior to surgery. The facility where you are having surgery will call you directly. If you have not heard from them by 2pm the day prior to your surgery you may call our office or the surgical center/hospital for information. Generally, they will call you the day before surgery. Please be aware that check-in times are an estimate and can be changed, even last minute.

DAY OF SURGERY:

3. Nothing to eat or drink (NPO) after midnight the night before surgery. You may take your scheduled medications with a small sip of water.
4. You may not drive yourself home from surgery. For outpatient surgery, someone should be at your home with you or immediately available the night of surgery.
5. **Medications** that will be given to you for surgery: (The week prior to your surgery, available medications will be phoned into your pharmacy)

In an effort to control costs, many commercial insurances are limiting their drug coverage and certain medications we recommend for surgery are often not considered covered benefits. We want to make your recovery from surgery as comfortable as possible, and therefore want to offer you a few options for obtaining the recommended medications:

Option 1. *Generic medications*— Traditional pain pills, Colace, Ibuprofen for pain

Option 2. All medications, *optimized for maximum pain relief*, will be given and filled pre-operatively. There is a \$50 charge for obtaining insurance authorizations, payable in advance.

Option 3. All medications, *optimized for maximum pain relief*, will be given and a letter of medical necessity will be provided to you. You pay for the medications at the pharmacy and submit to your insurance if you want to potentially obtain reimbursement from them.

- _____ **Pain medication (traditional)** – is to be taken as needed for pain. Pain medications, such as Percocet, Hydrocodone, and Oxycontin cannot be telephoned into a pharmacy. You will be given a written prescription for that type of medication and can arrange to pick it up a few days before surgery or can be given to you at the time of surgery.
- _____ **Pain medication (long acting)** – Long acting pain medication (Oxycontin) is used for some days following surgery to keep steady levels of pain relief. This is typically used less than one week.
- _____ **Nerve pain medication (Lyrica/Gabapentin)** – is to be taken the first week of surgery. Although in many cases insurance does not cover this medication, it is recommended for post-operative pain. We will not pre authorize the medication and if wanted can be paid for out of pocket.
- _____ **Anti-nausea medication (if needed)** – take as needed 30 minutes prior to taking pain medication.
- _____ **Stool softener (pain pills are constipating!!)** – take these while taking pain medication, until your stool is soft. Constipation is a PREDICTED effect of taking narcotics so you will need to use stool softeners. You may use over the counter laxatives, as suggested by your pharmacist.
- _____ **Inflammatory Pain medication (Celebrex)** – take one pill the night before surgery and one pill a day after surgery for pain and swelling. Generic is now available if brand name is not covered.
- _____ **Antibiotics (if instructed)** – begin the morning following surgery and take until the pills are gone. Typically this is only a one day dose of 4 pills.
- _____ **Aspirin (partial blood thinner- if instructed)** – this is purchased over the counter. Buy the coated “adult” dosage of 325mg. unless instructed otherwise, take one pill nightly for 14 days following surgery.
- _____ **Xarelto (full blood thinner- if instructed)** – take 1 pill the night of your surgery (Post Operatively). Continue to take it nightly for 14 days following surgery. **DO NOT TAKE BEFORE SURGERY, OR YOUR OPERATION WILL BE CANCELLED.**

POST SURGERY:

6. _____ **Home Health Care and/or Home Physical Therapy:** Home health care is commonly ordered for patients having reconstructive surgery. They will generally come to your house within 24-48 hours after surgery. The nurse will check on how you are doing and change the bandage (in most cases). A Physical Therapist will initiate physical therapy in your home. The home care company (selected by your insurance in most cases) will contact you. They typically will contact you the day he or she plans to visit, not before. If you have elected to have this service and do not hear from the home health care nurse by 3pm the day following surgery, please contact our office at 801-797-8000 during business hours.
7. _____ **CPM (continuous passive motion) device:** A CPM is a postoperative treatment method that is designed to aid recovery of the joint after surgery. It helps restore motion and joint nutrition while helping to prevent the formation of scar. In most cases the CPM vendor is chosen by your insurance company, and they will deliver the device to your home the day of or the day after your surgery. The company that provides you with the CPM should review the operation instructions with you.

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CPM Settings: *(Be sure to take your brace off when using the CPM) Begin 0-70 degrees. Increase 5 degrees, twice daily if possible. Use the machine approximately 4 to 6 hrs per 24 hour period. Increase the motion settings as much and as quickly as possible. Unless instructed otherwise you should try to maximize the motion of the CPM. Once you have reached the maximum setting on the machine for 2 or 3 days, you can then stop using it. At this point you should call the company that provided the machine and have them pick it up from your home.*

- 8. Wound Care: Keep the surgical dressing and area dry and clean. To shower, you should wrap the surgical site with plastic. We recommend "Press 'N Seal", this is a product available in the grocery store, and is a sticky version of clear food wrap. Portals (arthroscopic holes) can get soaking wet 3 days after the sutures are removed. Incisions can typically get soaking wet 2 to 3 weeks postop.
- 9. Surgical Soap/Adhesive on your skin: The surgical soap used during surgery has an adhesive in it. This colored (reddish or brown) substance may still be on your skin after surgery. It will not come off with soap and water. To get it off, you need to use a solvent, such as adhesive remover, nail polish remover, or "Goo-Gone". For example, you can use a small amount of acetone on a cotton ball or wash cloth and gently rub the area until clean. Surgical ink (lines and letters) should be removed with an abrasive cleanser or scrubber.
- 10. Game Ready Device: This is an Ice-Compression device, which in many cases provides excellent relief from pain and swelling. It is typically used for 1-2 weeks postoperatively, as each patient chooses. This device is not typically covered by insurance (except Workmen's Comp, which does provide it). Please let our office staff know if you want to have the Game Ready unit. You will need to call the vendor, **Mr. David Jex** to set up this service; his phone is **(801) 318-3695**. If you elect to have the game ready, it will be placed on you directly after your surgery and you will go home with the unit. When you are finished using it, call Mr. Williams and he will come and pick the unit up.

Date of surgery: _____

- Facility: Salt Lake Regional Medical Center
1050 South Temple
Salt Lake City, UT
- Park City Medical Center
900 Round Valley Drive
Park City, UT 84060
- Cottonwood Surgery Center
6053 S Fashion Square Drive Suite 100
Murray, UT 84107

*The Surgical Facility will call you the day before your surgery to give you a check in time.

Home Health Care Agency / Phone:

Medications to be phoned in: _____

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Medication hand-written prescriptions: _____

Pharmacy/Phone #:

Your Post Operative appointments are scheduled for:

1st Post-Operative appointment: _____ at _____ in SLC Park City

2nd Post-Operative appointment: _____ at _____ in SLC Park City

***If the above information is not filled in, please contact our office before your surgery and make a post-operative appointment for approximately 7-10 DAYS after surgery.**

Please feel free to call our office with any concerns or questions at (435) 608-9900

v. March 2016