



SPECIALISTS IN THE
MEDICINE OF *motion*



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Trauma & Fracture Surgery

Please take a moment to look over the following instructions regarding your surgery. We know that surgery can be a very stressful experience for you and your family and that you may be nervous. This is normal, and we will make every effort possible to make your experience as the best it can be! We are dedicated to achieving the best possible outcome for you. This takes a team effort often between you, us, and many other healthcare professionals.

The following packet will hopefully be informative and decrease your stress prior to surgery! There are many other great resources about your condition, and trauma / fracture surgery. We encourage you to learn more about Dr. Rusnak, your condition, and access links to helpful websites and videos at www.OrthoHealth.com.

We strive for nothing less than excellence in our question to help you be the best version of you. We look forward to seeing you on the day of surgery!



OCR

ORTHOPAEDIC & SPINE
CENTER OF THE ROCKIES



POST-OPERATIVE - SURGERY INSTRUCTIONS

PRE-OP

Medications to Stop Prior to Surgery:

- Advil
- Aspirin
- Aleve
- Motrin
- Ibuprofen
- Fish Oil
- Multivitamins
- Supplements

Continue all other medications unless directed otherwise.

Pain & Swelling Control is Your Biggest Advocate

Pain Control:

- 1st 3 Days are the worst of the pain
- 1st 3 days, take pain meds every 4-6 hours, even at night, to get through the surgical pain
- Usually by day 5, you should be feeling better during the day - morning / night will still be painful
 - At this point, take pain meds as needed
- **Call Lacey for pain medication refills, problems or questions: 970-419-7216**
 - Since they are narcotics, we will need someone to come to our offices to get the written script under your name, show THEIR ID and sign for the script
 - They can then take the script to a pharmacy of your choice to get filled
- **FYI: If taking max dose of pain meds, each script will only last up to 5 days**
- Everybody deals with pain differently
 - You can be on some type of pain medication up to 2-6 weeks depending on your injury
 - We use a step down process to control the pain and to protect you
 - At any time, you can get off narcotics and begin to use over the counter medication as needed
 - Goal: (Will Differ per Patient and Injury)
 - Up to 1-2 Weeks on Percocet (Oxycodone)
 - Up to 1-2 Weeks on Norco (Hydrocodone)
 - Up to 1-2 Weeks on Tramadol (Ultram) or Over the Counter

POST-OP INSTRUCTIONS - PRIOR TO 1ST PO APPOINTMENT

POST-OPERATIVE SURGERY INSTRUCTIONS

Swelling Control:

Anything that is crossed off does not apply to you

- While your bandage / splint is on, ice around it for 20 minutes on and 20 minutes as often as you can until swelling subsides
 - If you only have a bandage, once the bandage is off, you can ice on top of the incision with a barrier between skin and ice
- Upper Extremity Below Shoulder
 - Keep splint on at all times; dry and clean until follow-up
 - Elevate above heart when resting
 - When up and about, use sling to avoid arm hanging down to control swelling
 - When at home, you can get of the sling as tolerated
 - Move fingers 4-6 times / hour
- Shoulder / Clavicle
 - Since you are unable to elevate above the heart:
 - Sling when up and about; can be out of sling when resting or at home
 - Move fingers 4-6 times / hour
- Knee
 - Elevate on a flat surface, propped up on pillows
 - When resting, open the immobilizer and ice around the bandage until bandage comes off
 - Once bandage is off, you can ice on top of incision with a barrier between skin and ice
 - FYI: Immobilizer to be on and secure at all times when you get up to move around even for short distances
 - Move ankle / toes 4-6 times per hour
- Tibia Shaft / Ankle / Foot
 - Keep the splint on at all times; dry and clean until follow-up
 - Can ice knee or toe area as needed
 - Can ice with leak proof ice packs on top of splint

*No Heat While Swelling is Present

Swelling may come and go for weeks to months after surgery, depending on how active you are. If you are able to control the swelling and pain at the end of the day by icing / elevating, by morning, if symptoms are down, that is normal.

If you are unable to control the pain / swelling, you may need to reduce activity. Control pain / swelling and reintroduce activity as tolerated. If you are within 3 months post-op and unable to control the swelling / pain, please call Lacey to discuss and make a plan.

POST-OPERATIVE SURGERY INSTRUCTIONS

POST-OP INSTRUCTIONS - PRIOR TO 1ST PO APPT.

Bandage:

All bandages, except shoulders (5 full days), are to be left on at all times; dry and clean for 3 full days. On the 4th day, you can take the bandage off and leave off unless there is drainage. Some type of drainage can occur up to 5-7 days. Once the bandage is off, you can take a regular shower, let water and soap run over the incision, don't wash the incision directly - make sure the incision is the last thing you rinse off and no ointments. Even though we wash our towels, they still hold bacteria, so let the incision air dry and go about your day.

- **Shoulder Bandages:** Keep on for 5 full days. On the 6th day, you can take off, and leave off. All other instructions for bandages apply.

Splint:

Keep the splint on at all times; dry and clean until 1st post-op appointment. Any problems with the splint, such as: too tight, too loose, wet or dirty, call Lacey to decide how to alter it at home or an appointment will be made with the cast room for a splint change.

FYI: No submersing in water (Hot Tub, Swimming Pool, Bath) for 4 weeks total from day of surgery.

THERAPY PRE/POST 1ST PO APPT.

For Physical Therapy Only: (Generalization - May Differ per Patient and Situation of Injury)

- **Wrist:** Formal Therapy Starts 5-7 Days PO
 - Post-Op Splinting; ROM; WBAT
- **Proximal Humerus:** Formal Therapy to Start 7-14 Days PO
 - AAROM; PROM; NWB x 4 Weeks PO; No Strengthening or Lifting x 6 Weeks PO
- **Reverse TSA:** Formal Therapy to Start 7-14 Day PO
 - PROM Week 1; AAROM Week 2-5; AROM Week 5; Start Strengthening with Therapy Week 8
- **Olecranon:** Formal Therapy to Start After PO Appointment
 - NEW x 6 Weeks; AAROM; PROM; Sling
- **Radial Head:** Formal Therapy to Start After PO Appointment
 - Sling as Needed; AAROM; PROM; Progressive Strengthening to Start at 6 Weeks PO
- **Patella:** Formal Therapy to Start 7-14 Days PO
 - 50% WB with Brace On x 4 Weeks PO; AAROM; PROM; Edema Control; May WB in Full Extension with Brace On @ 4 Weeks PO; Quad Sets OK With Brace On
- **Tibial Plateau:** Formal Therapy to Start After PO Appointment
 - AAROM; PROM; Quad Sets; Edema Control
- **Ankle:** Formal Therapy to Start 14 Days PO
 - ROM; Edema Control; 50% WB x 4 Weeks PO

Anything that is crossed off does not apply to you