

Ronak M. Patel, MD

Lysis of Adhesions or Manipulation Under Anesthesia Post-Operative Instructions

Before Surgery:

Schedule your physical therapy session for the day of or day after surgery to maintain the range of motion that is achieved with your surgery. You will be provided with your physical therapy order at your pre-operative visit. Failure to mobilize your surgical limb early after surgery could result in increased post-operative pain, prolonged therapy, or suboptimal outcome.

Date of Surgery: _____

Date of Physical Therapy: _____ or _____

Please bring all postoperative DME to the surgical facility the day of surgery (this includes all crutches, braces, slings, polar care machines, etc).

After Surgery:

Attend physical therapy at least 3-5 times a week and perform home exercises at least 3-5 times a day. Our goal is that you achieve near full to full range of motion within 2-4 weeks following surgery.

If you are having knee surgery you may have the following:

- Knee may be flexed and wrapped in Coban, self-adhering elastic bandage, following surgery. The Coban will remain in place until your first therapy session (less than 23 hours following surgery) and will be removed by your therapist.
- A continuous passive motion (CPM) device may be prescribed to you to help with post-operative range of motion. You will start the CPM device the same day of surgery.

Diet

- You may resume your regular diet. However, start slow with clear liquids and gradually work your way back to your normal diet. This will help prevent nausea and vomiting.

Activities

- Sling to be worn at all times until your block wears off. *This can be up to 24 hours post op.*
- You may drive your personal vehicle 48 hours after surgery. Do not drive while taking narcotic pain medication or if you feel unsafe.
- You may find you sleep better in a recliner although location and position is guided by your comfort.

Wound Care

- Remove the dressing 72 hours after surgery. After that, you may shower.

- You will have 2 to 5 small incisions around the shoulder. After showering, you may leave the incisions open to air or cover the incisions with band-aids. Avoid occlusive or water-tight dressings.
- Do not submerge your surgical shoulder in water or soak in a hot tub, swimming pool, or bath until your incisions have completely healed in approximately 4 weeks.
- Do not put any lotions or antibiotic ointments over the incisions until they are completely closed.
- Sutures will be removed at your first post-op visit.

Pain Control

- Take your pain medication as prescribed. This usually means 1 tablet every for 4 hours for mild pain or 2 tablets every 4-6 hours for severe pain. Do not take any additional Tylenol.
- Do not take narcotic pain medication at the same time as a muscle relaxer.
- You can also use over-the-counter non-steroidal anti-inflammatory drugs (NSAIDS) once you are eating well. They will help reduce pain, swelling, and stiffness.
 - Recommended: Aleve, 1 to 2 tablets every 12 hours; or Ibuprofen, 400 to 800 mg every 6 to 8 hours. Eat something prior to taking the medication. If you develop stomach burning or severe GI upset, discontinue the medication.
 - *Do not take NSAIDS if you have a history of kidney, liver, or stomach ulcer disease, or bleeding disorders, or if you are taking Celebrex, Bextra, or blood thinners like Coumadin.
- The pain medication may also cause constipation if you take it regularly, so take the prescribed stool softener as needed. Over the counter treatments include: stool softener, fiber bar, Metamucil or prune juice to prevent constipation.
- No driving while taking any narcotic pain medication.
- The pain medication may cause some nausea so take it with some food.
- Utilize the ice pack as instructed below.

Your prescriptions will be sent electronically to your pharmacy today. Please pick up prescriptions prior to the day of surgery.

Nerve Blocks for Anesthesia

If you had a nerve block this can last approximately 12-24 hours, sometimes longer. You may notice tingling on occasion after the block wears off. This usually resolves in several days, but if it persists please call the office. As you begin to regain your sensation take your pain medication before the block wears completely off. This will help you prevent getting behind on pain control.

Cold Therapy

- Ice should be used to help reduce pain and swelling. Use it as often as possible the first 3 days after surgery, alternating 20 minutes on with 20 minutes off. After the third day, use it at least 3 to 5 times a day for 20 minutes each session until pain and swelling have resolved.

DVT Prevention

- You must wear your white TED hose compressive stocking for 4 weeks after surgery or until cleared by Dr. Patel. This stocking reduces swelling which improves healing and helps prevent blood clots.
- Please perform ankle pumps as this will help prevent blood clots.
- **Sometimes we have to prescribe a blood thinner to help prevent blood clots. Given your medical history, surgery and activity level:**
 - **You are recommended to take one 81mg / 325mg Aspirin once / twice daily by mouth. Do not take Aspirin at the same time as NSAID medications.**
STOP THE ASPIRIN: If you have any stomach irritation, bleeding in your stool or you start vomiting blood. Contact Dr. Patel's office.
 - **You are recommended to take Xarelto 10mg daily by mouth. Do not take NSAIDs at the same time as Xarelto.**
 - **Other:**

You do not need to take any additional medications

Start medication 12 hours after surgery.

Duration of anticoagulant medication: 2 4 6 (circle one) weeks

- If you are traveling after surgery, please let us know – we advise you to wait at least 1 week between travel and surgery. General tips for preventing blood clots when traveling after surgery:
 1. Get up on the plane to crutch/walk every hour or if driving stop every 1-2 hours to get up and walk
 2. Stay hydrated. Avoid alcohol and caffeine.
 3. Wear your leg stockings
 4. Take 325mg of Aspirin (unless allergic or have stomach or kidney problems) the day before travel, the day of travel and the day after travel
 5. Do your exercises during travel especially ankle pumps
 6. If you experience swelling in your calf or pain please call our office immediately or go to your local ED for evaluation

Notify the Office if you Experience the Following

- Flu-like symptoms, nausea/vomiting, temperature of 101.5 degrees or higher, severe chills; foul odor, redness, or increased tenderness or drainage from the incision. These are signs of a possible infection. You may need to report to an Emergency Room.
- Hot tender area or unusually large amounts of swelling in either calf or other area of the leg; chest pain, shortness of breath or coughing up blood. These are signs of a possible blood clot and you may need to report to an Emergency Room or call an ambulance.
- **For urgent problems** that occur during office hours (office hours, Monday -- Friday, 8:00 am to 5:00 pm), call Dr. Patel's office directly (630) 920-2350 or report to an emergency room. After hours, call (630) 920-2350 or report to an emergency room.

Follow-up

- If you do not have a postoperative appointment set-up already, please call the office to schedule an appointment for 17-21 days after surgery at (630) 920-2350.
- Please bring all surgical photos to your first follow-up appointment

The previous instructions will help you know what to expect in the days following your surgery. However, do not hesitate to call if you have any questions or concerns.

