

Dr. Todd Bradshaw M.D.

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Here are some very important instructions for after surgery. Please read them all carefully.

1. You will be given the following medicines to use after surgery:

___ **Ibuprofen** is used to reduce inflammation and ease pain. Take this three times a day with a meal (will prevent stomach upset). It is important that you take this medication on a schedule so that you are able to stay ahead of the pain. This will also decrease your need for other pain medicines

___ **Promethazine** is used to help reduce nausea, which is common after surgery and while taking some pain medicines. Please take this as directed. One of the common side effects is sleepiness, so please avoid driving/making big decisions/etc. after using this. This medication can also increase the effect of other pain medications.

___ **Hydrocodone with Acetaminophen, Acetaminophen with codeine, or Tramadol** are used to control breakthrough pain—pain that occurs despite using other, scheduled pain medicines. Please take as directed if your pain is 5 or higher on a scale of 1-10. These medicines can cause constipation so you may want to use with a stool softener. It also causes sleepiness, so you should avoid driving/operating heavy machinery/making big decisions/etc. after use.

2. If you are having surgery on your shoulder, please be sure to bring an oversized T-shirt or a button-down shirt to wear over your dressings. If you are having surgery on your knee, please be sure to bring shorts or loose pants to be able to go over the dressings.

3. If you have been given a brace/immobilizer it is very important that you keep it on at all times to protect the surgical repair/reconstruction. This includes sleeping! Do not carry anything in the hand on the arm that had surgery.

4. Physical Therapy (if ordered) is vital for you to have the best outcome after surgery. Please make every effort to attend as instructed.

5. Do not remove the dressings that were placed on the surgical incisions during surgery until the 3rd day after surgery. Please do not put hydrogen peroxide or antibiotic ointment (i.e. Neosporin) on your incisions at any time. You may take a shower and gently clean the incision and pat dry. Do not soak/immerse incision.

If you are concerned about the appearance of an incision, please call us at 242-0107.

6. **Immediately go to the ER if you develop chest pain, shortness of breath, or fever greater than 100.4.** Please call our office (242-0107) with any questions or concerns.

Thank you for allowing our team to take care of you. We hope that you heal well!

Sincerely,

Dr. Bradshaw and staff

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