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Gluteus Medius Repair Post-Operative Instructions

PRESCRIPTION MEDICATIONS

Aspirin:

- This medication is to help prevent blood clots after surgery.
- Take one 325 mg tablet twice per day with food for 30 days.

Colace (Docusate Sodium):

- This medication is to help with constipation, a common side effect after taking narcotic pain medications (like Norco) and general anesthesia.
- Take 1 pill in the morning and 1 in the evening to prevent constipation
- It is normal to take several days to make a bowel movement after surgery
- Drink plenty of clear liquids as the anesthesia can cause dehydration/constipation as well.

Hydrocodone/Acetaminophen (Norco):

- This is a narcotic medication for pain.
- This medication is to be taken **AS NEEDED**.
- Plan to stay on a scheduled dose of 1-2 tablets every 4-6 hrs for the first 2-3 days.
 - After 2-3 days you should be able to space out or discontinue the medication and transition to Acetaminophen (Tylenol).
 - DO NOT exceed 4,000 mg of Acetaminophen in a 24 hour period.
- Do not drive, drink alcohol, or take Acetaminophen (Tylenol) WHILE taking this medication.

Scopolamine patch:

- For some patients, the anesthesia team will put on a scopolamine patch behind your ear to prevent nausea.
- You can leave this in place for 72 hours.
- When you take it off, wash hands thoroughly or it can make your vision blurry.

Zofran (Ondansetron):

- This is an anti-nausea medication.
- It is a dissolving tablet- place it on your tongue, allow it to dissolve, and swallow.
- Take this as needed every 4-6 hours for the first 2 days after surgery.

WOUND CARE

- Leave the bulky surgical bandage on and DO NOT shower for 48 hours.
- After 48 hours, remove bandages and gauze, but LEAVE STERI-STRIPS (white tape) IN PLACE.
 - You may shower at this point.
 - Cover incision sites with waterproof bandage prior to getting into the shower.
 - Should the incisions accidentally get wet, pat them dry with a clean towel.
DO NOT SCRUB.
- It is normal to see a lot of blood-tinged soaked fluid on the bandages.
 - This may appear to be a pinkish-yellow fluid and is normal.
- In between showers, leave the incision sites open to air
 - DO NOT APPLY LOTIONS OR OINTMENTS TO THE INCISION SITES
- Your stitches will be removed at your first post op visit.

- You may shower at this point without waterproof bandages over the incision sites.
- DO NOT scrub the incision sites- you may let soap and water run down the incisions and pat dry with a towel once you're done.
- DO NOT soak in any pool/bath water until 4 weeks after surgery.

PHYSICAL THERAPY

- You will start physical therapy after the first few weeks of surgery.
 - Dr. Garcia will determine when the best time for you to start physical therapy will be based on your clinical progress and can vary in length of time after surgery.
- You will receive instructions for physical therapy at your follow up appointment.

WEIGHTBEARING

- You will be flat-foot weight bearing for the first few weeks after surgery
- Do not increase your weight bearing status unless otherwise directed by Dr. Garcia

BRACE

- You will get a brace on surgery day.
- Over the first few days, concentrate on icing the hip and wear the brace when you are up and about.
- The brace should be worn until you are off the crutches
- You do NOT need to wear the brace:
 - While sleeping
 - On the CPM machine
 - Laying on your stomach
 - Using the ice machine
 - Showering and using the bathroom
- The lateral (outside) post on the brace should be positioned over the lateral aspect (outside) of the leg
- The Velcro on the distal (lowest) strap can wear out quickly
- The point of the brace is to prevent hyperflexion, adduction, and abduction (bringing the leg too close to the chest or bringing the leg too close or far away from the body).

NIGHT TIME PADDING:

- Wear the padding at night time.
 - The point is to make your toes point straight up (no rotation).
- Use this padding for 4 weeks postop.
- If you cannot sleep, alternatives are :
 - Take your nonoperative leg out of the boot/padding .
 - Sleep in the brace.
 - Take the post out of the middle and sleep with just the feet strapped together.

ICE MACHINE

- Cycles on and off on its own
- Use it as much as you can for the first 72 hours
- Try to use it 4-5 times per day after the first 72 hours for the first two weeks after surgery.
 - You do not need it after 2 weeks.
- Do not wear the brace over the ice machine pad.

GENERAL ACTIVITY LEVELS

- Alternate sitting, reclining, and lying down as much as you can tolerate
 - We recommend you get moving once every 30 minutes to prevent stiffness.
 - Do not stay in a seated position for longer than 30 minutes
 - If you need a work note to get up from your desk, please let us know and we can send a note in to your employer.
- Spend 2 to 3 hours per day on your stomach (you can take the brace off for this)
- Laying around too much will make you stiff, so feel free to move around your home as you can tolerate.

CONTACTING OUR OFFICE

EMERGENCIES**

*Contact Dr. Garcia at 206-633-8100 if any of the following are present:

- Painful swelling or numbness (note that some swelling and numbness is normal)
- Unrelenting pain
- Fever (over 101° - it is normal to have a low-grade fever for the first day or two

following

- surgery) or chills
- Redness around incisions
- Color change in foot or ankle
- Continuous drainage or bleeding from incision (a small amount of drainage is expected)
- Difficulty breathing
- Excessive nausea/vomiting
- Calf pain

**If you have an emergency after office hours or on the weekend, contact the same office number (206-633-8100) and you will be connected to our page service – this will contact Dr. Garcia or one of his physician assistants. If he is unavailable. Do NOT call the hospital or surgicenter.

**If you have an emergency that requires immediate attention, proceed to the nearest emergency room.

FOLLOW-UP CARE/QUESTIONS

*If you do not already have a post-operative appointment scheduled, please contact the office immediately at 206-633-8100 to speak our Administrative Assistant or visit our website www.grantgarciamd.com

*Typically, post-operative appointments are made for 10-14 days following the date of surgery

*If you have any further questions, contact the office directly.