

# Bay Area Orthopedic Institute

## Eddie Y. Lo, M.D.

2171 Junipero Serra Blvd, Suite 388, Daly City CA 94014. Phone: 650-993-8349. Fax: 650-993-8352  
728 Pacific Ave, Suite 503, San Francisco, CA 94133. Phone: 415-398-5990. Fax: 415-398-5976

### PRE-OP INSTRUCTIONS

**Do NOT eat or drink anything after midnight, or eight (8) hours prior to procedure.  
This includes gum, mints, chewing tobacco, etc.**

#### **Make sure you take all of your medications except for:**

- Aspirin 7 days before surgery
- Anti-inflammatories: Ibuprofen (Motrin, Advil), Bextra, Vioxx, Celebrex, or Naproxen (Aleve) 3 days before.
- If you are on Coumadin/Warfarin, Xarelto, or Plavix, please notify the office for further instructions.

#### **Patients with Diabetes:**

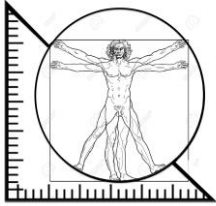
- Do not take an oral hypoglycemic the morning of your procedure.
- If you inject insulin, use half your normal dose the night before surgery

#### **High Blood Pressure:**

- Take medication early in the morning with one sip of water only

#### **What to anticipate the day of surgery:**

- Please arrive early on your surgery day. Often the nurses need to interview you, put in IV, and the anesthesiologist may do a nerve block.
- I will let you know the length of surgical time, so your friend or family member can plan their day.
- If you are having an arthroscopic or a small open surgery, you will go home the same day. Please arrange for a friend or family member to take you home.



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### POST-OP INSTRUCTIONS

If you are taking other prescription medications, please contact the prescribing doctor and advise them of the medications your surgeon is prescribing to you. This is to make certain there are no conflicting interactions. Also, please advise us if you have any allergies to any of these medications.

**Pain Medications:** This medication is used to provide strong pain relief. Caution is advised in using these medications because tolerance can be developed.

I typically prescribe several medications for your immediate postop period.

#### **1. Hydrocodone/Acetaminophen 10mg/325mg (This is your stronger pain medication)**

Start taking this medication as you start noticing the pain. Don't wait until the pain is severe, then you will be catching up to the pain level.

Instructions:

1-2 tablets every 4-6 hrs as needed for pain. NO MORE than 8 tabs per 24 hours. This medication has a component of Tylenol, so you do not want to take more than a combined level of 3000mg of Tylenol in a day.

Make sure you have eaten some food while taking this medication.

Warning: May cause drowsiness; do not take medication and drive. DO NOT use Alcohol with this medication.

#### **2. Ibuprofen 600mg three times daily/ Naproxen 500mg twice daily (This is the anti-inflammatory medication)**

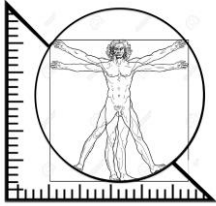
You can also start taking this medication immediately after surgery. Make sure you have eaten some food while taking this medication. If nauseated from the anesthesia or the pain medication, you can also switch to this medication as it is less nauseating/irritating than the narcotic medications.

Instructions:

1 tablet 2-3 times daily, dependent on the medication. Please refer to the bottle.

Make sure you have eaten some food while taking this medication.

Warning: Anti-inflammatory medications can worsen stomach irritation or reflux disease, so if you start feeling these symptoms. Stop and let me know.



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### 3. Flexeril 5mg / Tizanidine 2mg (This is the muscle relaxant)

I have prescribed this medication if you are starting to have muscle spasms or have difficulties sleeping because of it.

Instructions: 1 tablet once at night.

Warning: may cause drowsiness.

### DISCHARGE INSTRUCTIONS FOR HIP/KNEE SURGERY

#### ACTIVITY/ELEVATION:

1. After surgery, you will have a light post-operative dressing and can bend/straighten your hip/knee gently as you tolerate. Do NOT force your hip/knee to bend more than is comfortable....your motion will gradually increase naturally over the next few weeks.
2. Crutches will be given to you before you leave the surgery center/hospital. You are not required to use them, but will likely want to until the soreness goes away over the next several days.
3. I will discuss your weight bearing restrictions with you. Unless otherwise specified, I will allow you to gently put your toes down as you balance and move around with crutches.
4. If you have a black, hinged brace on your knee/leg, this brace is to protect the knee so it does not give and bend too far. I have set the brace to allow just enough motion without injuring your knee. I would like you to keep it on as you move around. However, while you sit, you can open the straps and let your leg breath.

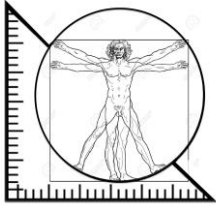
#### ICE and ELEVATION:

1. You will need to apply ice and elevate the operative side 24 hours/day for the first 2-3 days is necessary to reduce swelling and pain.
2. If you have a nerve block, you have to remove the ice every 30 min to make sure your skin don't get burnt by the ice. Or apply a towel in between skin and the ice for extra padding.

#### CARE OF DRESSING/SHOWERING:

##### **DO NOT GET YOUR BANDAGE WET UNDER ANY CIRCUMSTANCES.**

1. Wet bandages increase the risk for infection. Keep dressing clean and dry.
2. It is not uncommon to have small spots of bleeding show up on the outer aspect of the dressing. If this occurs, do not become alarmed. This type of bleeding typically stops overnight. If it seems to persist greater than 24 hours, please let me know.
3. I don't want you to worry about the dressing. So keep it on until you see me. I will remove it for you. If the dressing is extremely irritating, you may remove the dressing and cover it with large band- aids in 2-3 days.
4. You are ok to shower if you can keep dressing dry. I understand it is hard to do but try your best to wrap around the incision site and protect it from water. Sometimes, sponge bath is the best option.



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### **ANESTHESIA:**

1. You may feel dizzy, light-headed, or sleepy for first 12-24 hours after your operation. You cannot drive, operate any mechanical or electrical devices, drink alcohol, or make any important decisions for 48 hours, and as long as you are taking amounts of prescribed narcotic medication that would alter your normal thinking.
2. If you have had general anesthesia, it is normal for you to feel generalized aching. Also, you can expect to have sore muscles, a strange taste in your mouth and/or possibly a sore throat. This is normal and do not be alarmed.

### **QUESTIONS/CONCERNS:**

Please call/email me: 650.993.8349. [Elomd@BAOrthoInstitute.com](mailto:Elomd@BAOrthoInstitute.com). If I am hard to find (which can happen), also speak with my surgical coordinator who you have gotten to know very well by now.