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### **PRIOR TO SURGERY**

- Arrange for someone to drive you to surgery and back home after surgery.
- Plan to arrive about 2 hours before your scheduled surgery time and stay 2 hours after surgery.
- Please bathe or shower with anti-bacterial soap the night prior or morning of surgery
- Nothing to eat or drink after midnight the day before surgery. Please refrain from drinking alcohol the day prior to surgery.
- The surgery center / hospital will call you the day before surgery to tell you when to arrive
- Please leave valuables (jewelry, money) at home
- Please bring your insurance and ID cards with you the day of surgery
- Please do not wear make-up the day of surgery
- Bring all X-Ray or MRI CDs that you have.
- Bring with you all current medications that you may need to take that day, (per hospital instructions).
- **Bring your brace, splint or sling (if previously provided), you will need it immediately after surgery.**
- Report to the surgical pre-operative area at your designated time (time assigned by the hospital nurse). The nurses will assist you until it is time for your surgery.
- After surgery, you will be taken back to the post-operative recovery area for discharge.
- If you are staying overnight in the hospital, your family is welcome to meet you there.
- Blood thinners, aspirin and anti-inflammatory medications should be discontinued prior to surgery at the discretion of your primary care physician.
- **Lower Extremity**—Bring a pair of shorts or loose sweat pants to wear home from the hospital
- **Upper Extremity**—Bring a short sleeved shirt that buttons or zips to wear home from the hospital. You will have a bulky dressing over your surgical site and your motion will be limited.
- **Upper Extremity**—You may have a nerve block in your shoulder after surgery to help with post-op pain. This will be discussed with the anesthesiologist the day of your surgery.
- Prescriptions will be sent to the pharmacy the day prior or the day of surgery

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### **THE DAY OF SURGERY:**

**I recommend starting pain medications as the block is wearing off (sensation returning) or prior to falling asleep. I recommend taking the next dose 4 hours later to control pain overnight. Please take the medications as needed after this.**

- **START** taking prescribed medication as directed:
  - Naprosyn 500mg: Take 1 tablet in the morning and 1 at night, with food, to control swelling, inflammation, and coagulation beginning the morning after surgery.
  - Celebrex 200mg: Take 1 tablet in the morning, with food, to control swelling, and inflammation.
  - Aspirin 325mg: take 1 tablet in the morning with food, to control coagulation.
  - Lovenox 40 mg: One injection daily for 10 days, to control coagulation starting the night after surgery.
  - Percocet 5/325mg: Take 1-2 tablets every 4-6 hours with food as needed for pain control.
  - Oxycodone 5mg IR: Take 1-2 tablets every 4-6 hours with food as needed for pain control.
  - Phenergan 25mg: Take 1 tablet every 6 hours *as needed* for nausea and vomiting.
- **DO NOT REMOVE ANYTHING FROM, ADD ANYTHING TO, or GET YOUR POST-OPERATIVE DRESSING, SLING, SPLINT, or BRACE WET.**
- **DO NOT** get your wounds wet until you are instructed that it is okay, this includes taking a shower/bath.
- Begin using ice packs or ice machine 20 minutes out of every hour, 5-6 times per day for the first several days.
- **Upper Extremity**—You will likely be more comfortable resting/sleeping in a reclined position (La-Z-Boy type reclining chair) for the first several days to weeks.
- To prevent blood clots, get up and move about for short periods of time every 1-2 hours. Also be sure to perform ankle pumps when lying.

### **THE DAY AFTER SURGERY:**

- Arrange for someone to drive you to and from your scheduled office and physical therapy appointment(s).
- Check-in for your appointment. Your post-operative dressing will be changed and you will be instructed on your post-operative rehabilitation and physical therapy. Dr. Kindya will discuss your surgery and go over pictures taken during your operation.

Please follow these instructions carefully and feel free to call the office if at any time you have questions. Call the office and ask to speak to the clinical staff: **(954) 486-4045**

## **CHANGING YOUR DRESSINGS:**

The post-operative dressing change is a vital part of your surgical and recovery process. You will be instructed on proper post-operative wound care during your appointment the day after surgery. Follow these instructions carefully.

- Remove old dressing.
- Inspect the wounds around for excessive drainage, redness surrounding the wounds or streaking from the wounds, increased sensitivity/pain, and increase in temperature. These are all signs of infection and need to be addressed immediately. Please call our office if one or more of these symptoms occur.
- You may clean the skin surrounding the wounds if needed, but **DO NOT** clean actual wound sites.
- Change dressing every other day. It is okay to change the dressing early if they become saturated.
- Water-proof bandages will be required after surgery for dressing changes.
- Do not touch, remove, or apply any ointments. After your two week appointment, remove the steri-strips at 10 days if they have not already fallen off by themselves.

## **BATHING:**

- **DO NOT** allow wounds or non-waterproofed wound dressings to get wet.
- You may shower the third day after surgery as long as your surgical site is covered with a waterproof bandage.
- You may begin normal showering and allowing soap and water to run over wounds once your sutures have been removed or wounds have closed. **DO NOT** aggressively clean or scrub wounds!
- **DO NOT** sit in a Jacuzzi, hot bath, or swimming pool for at least 2 WEEKS after wounds have closed and sutures have been removed.

## **CONTROLLING SWELLING, INFLAMMATION AND PAIN:**

- **Ice / Ice Machine:** Surround the surgical area with ice packs for 20 minutes at a time 5-6 times per day. Use a pillowcase, towel or other insulating material between your skin and the ice pack to avoid cold injuries to your skin.
- **Medications:** Continue taking medication(s) as directed. If stomach discomfort develops, discontinue medication immediately and call the office right away.

<b>DO NOT</b>	Mix any medications with alcohol.
<b>DO NOT</b>	Drive or operate machinery while taking pain medication.
<b>DO NOT</b>	Take additional products containing ibuprofen (Motrin) or naproxen / naprosyn (Aleve); in addition if you are prescribed Percocet do not take additional acetaminophen (Tylenol).

### **REHABILITATION/PHYSICALTHERAPY:**

You will be given a specific therapeutic exercise program to follow that will maximize your recovery from surgery. Follow the instructions given to you carefully.

### **DRIVING:**

- You **CAN NOT** drive while you are taking prescription pain medication.
- You **CAN NOT** drive if you had surgery on your right leg until cleared by Dr. Kindya.
- You **CAN NOT** drive while you are in a post-operative sling.

You **MUST** have clearance from Dr. Kindya before you start to drive.