

Post Surgical Instructions & Prescription Information

-Please keep your incisions clean, dry, & covered. Do not get it wet in the shower! Paint incision with half strength peroxide if needed when changing saturated dressings after **5 days** post-op followed by waterproof bandages and compression. *No Neosporin, Vitamin E, or Scar Cream.* If in a brace, remove brace and replace after.

-Apply ice 20 minutes of every hour (while awake) for the first 48 hours, then as needed for swelling. Do not put directly on the skin. No Heat!

-You received Antibiotics through your IV while you were here, but we do not routinely prescribe antibiotics post operatively. If so, it will be specified.

-Most pain medicine contains Tylenol; please do not take Tylenol (acetaminophen) with your pain medicine.

-No pain medicine will be called in after hours (5 PM) or on the weekend! **Please call our PRESCRIPTION LINE for prescription changes or refill requests.**

Prescription Line: (828)258-8800 ext 3700

*****Please allow 24 hours for refill requests to be addressed*****

Common Post-Op Prescriptions: *You may receive some or all of these depending on the procedure you have done.*

Pain Medication: Percocet (Oxycodone) or Norco (Hydrocodone) – take per instructions as needed for pain; usually a good idea to take as written

Anti-Nausea: Phenergan (promethazine) or Zofran (ondansetron) ODT – take per instructions as needed for nausea

Stool Softener: Colace (docusate) - take per instructions on days when narcotic pain meds needed. *Constipation not a matter of 'if' but 'how much'.*

Muscle Relaxer: Robaxin (methocarbamol) – take per instructions as needed for muscle spasm/tightness

Anti-Inflammatory: Mobic (Meloxicam) – take for 14 days post-op once daily; this will not be

*****HIP SURGERY PATIENTS – Take as directed for 6 weeks post-op*****

DVT Prophylaxis: Aspirin 325 mg to be taken once daily x 30 days unless prescribed otherwise

****Prescriptions that can be electronically prescribed to the pharmacy will be sent in advance to pharmacy information provided****

