



601 Gateway Blvd.
Chesterton, IN 46304
www.LBJI.com

TEL 219.921.1444
FAX 219.921.0533

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DR. USMANI'S POST-OPERATIVE INSTRUCTIONS

MEDICATION SCHEDULE

PERCOCET: These are your pain pills. Take them around the clock for the first week every 6-8 hours. After week 1 of surgery, take them as you need to. After week 2 of surgery, start to ween yourself off them.

IBUPROFEN/TYLENOL: These are to help with pain and inflammation. Take 1 pill with food at breakfast, lunch, and dinner every day for the first 2 weeks. Take them regardless of whether you are in pain or not. You should alternate the two.

HYDROXYZINE: These are excellent at making the Percocet's stronger, so that you do not have to take them as much. Take 1 pill with breakfast and dinner.

COLACE: These are to soften your stool, so that you do not get constipated as Percocet's can do that. Take 1 pill at breakfast and dinner.

ZOFRAN: This is an anti-nausea medication. Take 1 pill with breakfast and dinner.

ASPIRIN: These are to lower your risk of developing a blood clot. Take them daily.

****** YOU MAY NOT RECEIVE ALL OF THESE MEDICATIONS ******

WHAT TO DO AT HOME

- It is normal to feel sluggish and tired after surgery. This is because of the anesthesia that will wear off slowly.
- Relax and rest. It is important to take it easy the first 2 weeks.
- Elevation will help control the swelling. Elevate your leg with at least 4 pillows. If it looks ridiculous at how high your leg appears, then this is the height you want to be at.
- Ice behind your knee 4 times a day or for 15 minutes at a time for the first 3-4 weeks after surgery.
- Although your foot or leg may be numb, start to take pain medication before you go to bed to ensure the nerve block does not wear off in the middle of the night.
- Do not take your bandages off under any circumstances. Do not get your bandages wet. Do not put anything inside to scratch your leg or your foot. Do not let pets near your surgical site.

H e a l t h C a r e E x c e l l e n c e i n M o t i o n