

Dr. Patrick J. McGahan Surgery Instructions

- Knee Arthroscopy
- Knee Arthroplasty
- Shoulder Arthroscopy
- Shoulder Arthroplasty
- Miscellaneous Surgery
- ORIF Distal Radius
- ORIF Clavicle
- ORIF Proximal Humerus
- ORIF Ankle
- Achilles Tendon Repair

Pre-operative Instructions:

- Nothing to eat or drink after midnight.
- Discontinue NSAIDs (Aspirin, Motrin, Advil, Aleve) 1 week prior to surgery.
- Obtain preoperative medical clearance from your PCP.
- Set up physical therapy appointment for 1-2 weeks post-op.
- Cold therapy is optional for arthroscopy and arthroplasty.

Post-operative Instructions:

- Keep dressings/splint clean, dry, and intact until follow up appointment
- Remove dressings and replace with Band-Aids in 3 days.
- OK to shower over incision in 3 days.
- No baths or spas for 2-3 weeks.

Activity	Upper Extremity	Lower Extremity
○ Non-weight bearing	○ Wear sling / splint at all times	○ Use crutches / boot at all times
○ Partial weight bearing	○ Wear sling / splint for comfort	○ Use crutches / boot only as needed
○ Weight bearing as tolerated	○ No need for sling / splint	○ No need for crutches / boot

Pain control:

- Ice 20 minutes, 3 times per day.
- Elevate extremity above heart as much as possible.
- Ibuprofen 800 mg every 8 hours as needed
- Norco 1-2 tablets every 6 hours as needed