

AVN Core Decompression Surgery
Postoperative Instructions
Dr. Stephanie Mayer

Medications for Discharge: You were given the following medications:

PAIN

- Oxycodone 5mg tabs; take 1-2 tabs every 4 hours as needed for SEVERE pain.
- Tylenol 325mg, take 2 tabs orally every 6 hours for pain

NAUSEA/CONSTIPATION

- Zofran 4 mg oral dissolving tabs; take one tab and dissolve under tongue every 8 hours as needed for nausea
- Colace 50-100 mg orally twice daily as needed for constipation. Please take until you have your first normal bowel movement and continue to take as long as you are taking the Oxycodone.
- Miralax 1 capful-this medication is OTC. You make take 1-2 capfuls daily if no bowel movement has occurred in 24 hours.

OTHER

- Naproxen 500mg orally twice daily for one month
- Aspirin 325mg once daily for 14 days to prevent blood clots

DRESSING:

- You may remove the dressing on post-op day #3 and apply xeroform, gauze and small tegaderm (supplied in dressing kit) to wound sites to be changed every 2-3 days until your first clinic visit.
- Please do not use bacitracin or other ointments under the bandage.

SHOWERING:

- You may shower with the clear bandage over the incisions for post op day 1-3.
- On post op day #3 you may remove the dressing and shower and let the water run over your incisions.
- **SHOWER ONLY**
- Gently pat the area dry after showering and then apply xeroform, gauze and tegaderm over each incision to allow the incisions to dry & heal.
- Do not soak the hip in water or go swimming in the pool or ocean until 4 weeks post-operatively. Typically getting into a bath or pool is permitted after the steri-strips have fallen off (around 4 weeks post surgery) unless otherwise instructed.

WEIGHT BEARING:

- Foot-flat weight bearing (**50% bodyweight**) with crutches for 6 weeks
 - Your physical therapist will work with you to wean you off of your crutches after this time.

ICING:

- Icing is very important to decrease swelling and pain and improve mobility. If you purchased a cold therapy device, please ice 6 times a day for 20 minutes at a time. Be sure to keep clothing or a towel between ice cuff and skin, as placing the ice directly on skin may cause a burn to the skin.
- If you did not purchase a cold therapy device please use ice packs 6 times a day for 20 minutes at a time. Be sure to keep clothing or a towel between ice cuff and skin, as placing the ice directly on skin may cause a burn to the skin.
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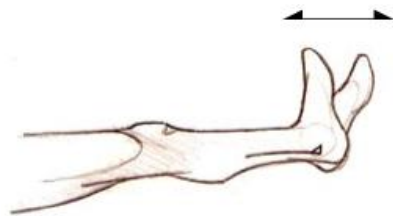
Activities after Surgery:

- Use your crutches at all times flat foot touch down weight bearing with 50% bodyweight on the surgical leg for 6 weeks.
- No range of motion restrictions.
- It is important for your lungs and your blood circulation for you to get up and take short walks using your crutches several times a day.

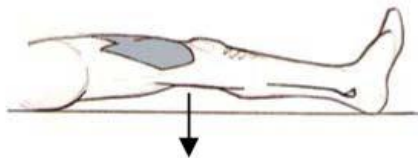
Do the following exercises to help keep your ankle and thigh muscle strong:

- **Ankle Pumps:**

Moving from the ankle, push the front of your foot up and down. Perform 10 times and repeat 3 sets each day.



- **Quad Sets:** Tighten the muscles on the top of your thigh and press your knee down against the bed. Hold for 10 seconds and repeat 3



- You may sleep on your non operative side. Be sure to put a couple of pillows between your knees and feet to support your hip.
- **Driving** is permitted 2-4 weeks after the surgery if you meet the following criteria:
 - ✓ You no longer take narcotic pain medications
 - ✓ You drive an automatic car. If you have a manual car, you could drive after 6 weeks.

- ✓ You can safely get in and out of your car. Please ask your physical therapist for instructions.

Contact Information:

- If you are experiencing the following **symptoms**, please call our office at 720-872-4822 and ask to speak to Jordan Teboda (JT) our Athletic Trainer.
 - If this occurs during evening and/or weekend please call 303-694-3333 and ask to speak to the on call provider.
 - If life threatening please call 911.
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- ❖ Fever (temperature of 101.5 degrees Fahrenheit or over)
 - ❖ Redness or yellow/brown/green drainage from the surgical incision site
 - ❖ Low back pain/muscle spasm that maybe due to the spinal/epidural anesthesia. Please apply a heating pad.
 - ❖ Persistent headache that maybe due to the spinal/epidural anesthesia. Please make sure you hydrate yourself and drink something with caffeine.
 - ❖ Persistent severe sharp pain not relieved by pain medication
 - ❖ Persistent and increasing swelling and numbness of the hip/leg.
 - ❖ Difficulty with medications.
 - ❖ If you experience Shortness of Breath

Please feel free to call our office if you have any questions.

Please feel free to contact the office if you have any other questions at 720-872-4822 or you may email Jordan Teboda, ATC at Jordan.Teboda@cuanschutz.edu or reach out via My Health Connection.

Post-Operative Prescription Guidelines

All prescriptions will be given on the day of surgery or sent electronically no more than one day prior to surgery. Should you need refills, please contact the clinic within 48 business hours (Monday-Friday 8:30am to 4:30pm). **Refills will not be authorized outside of these hours.** Please have the phone number or address available of the pharmacy that you would like to utilize for your refills.

- One of the medications is a codeine derivative for pain and should be taken as directed and only as needed. After several days, pain may reduce significantly. At this point you may choose to cease taking or decrease the dose of the codeine derivative medication.
- The other medication you may be prescribed is called Indocin. It is in the drug named NSAIDs (non-steroidal anti-inflammatory) and will be given to you for 4 days starting the day after surgery.
- You will also receive another medication that is given as an anti-nausea agent, Zofran (use as needed).

- Aspirin will be given for 14 days to prevent DVT (Deep Vein Thrombosis).

Common symptoms of an allergic reaction to prescription medication include:

- Nausea and vomiting not relieved by lying down or eating bland foods.
- Severe itchiness
- Rash
- Severe dizziness
- Slowed heartbeat