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Tendon Repair Post-Operative Instructions

Prescription Meds: You will be given several medications upon discharge. 1. Norco (hydrocodone/apap or a similar medication), this is used for pain control. Pain levels are highest on days 1 thru 3 post op, so you will want to take this on a regular schedule. After that, take as needed. Do not drive, drink alcohol or take Tylenol while taking this medication.

2. Naproxen (Naprosyn), anti-inflammatory that you can take once in the morning and once at night for the first two weeks.

3. Aspirin 81 mg: take once daily in the evening for one month

4. Compazine: this is an as needed medication to take for nausea from the pain medications/anesthesia

5. Colace: take one-three times daily to prevent constipation after surgery.

6. Some patients receive a scopolamine patch behind the ear to prevent nausea. If you received this, leave it on for 72 hours. Make sure to wash hand thoroughly, as it may cause blurry vision.

Wound Care: Leave the big surgical bandage on and do not shower for **48 hours** after surgery. After 48 hrs, remove bandages, and apply waterproof band-aids to the incision(s) prior to showering (available at Walgreens or CVS). To see bloody soaked fluids on bandages is normal. Leave the steri strips (white tape) on. Replace waterproof bandages with a clean dry regular bandaid over each incision, after showering. Do not cut any stitches or apply any ointments or lotions to the wounds. Do not soak in any pool or bath water until 4 weeks after surgery.

Physical Therapy: You will be advised to start physical therapy between 4-6 weeks after surgery. Dr. Nho will give you further paperwork and instructions at your follow up visits.

Brace and Crutches: You will be provided with a brace and crutches on surgery day. The brace will be set at the correct position and locked into place. Do not move the dial on the brace until you follow up in clinic.

Follow up: You will need to follow up in clinic with Dr. Nho or Allie in 10–14 days. Please call central scheduling to make an appointment. At this visit you will receive updated instructions on your weight bearing, brace use and physical therapy.

When should you contact the office?

- you have a fever >101.4 (a low grade temp is expected after surgery, but let us know if it gets this high!)
- you develop chills or sweats
- you have pus, pain or redness surrounding the incision sites

Important Contact Information

Central scheduling: 708-236-2701

Jeannie Taylor, Administrative Assistant: (312) 432-2525

Allison Petersen, PA-C: 312-432-2388

Office Fax Number: (708) 492-5525

After Hours/Weekend/Emergency Number to RUSH resident: 708-236-2600.