

## Frequently Asked Questions About Surgery:

Patients often have questions after surgery. Sometimes these questions can cause frustration and unnecessary worry. Therefore, we have listed commonly asked questions and answers to relieve stress that may occur after surgery.

Please NEVER hesitate to call if an answer is unclear or if you have additional questions. You may contact Dr. Sabesan's office at any time for clarification.

1. What should I do if my arm/shoulder hurts after surgery?

You will be given a prescription for post-op pain medication, which is quite strong. This medication is a narcotic and can be addictive (only used for a prolonged period of time). The medications frequently prescribed are Percocet (oxycodone) and Vicodin (hydrocodone). The night after surgery you may take two (2) tablets every four (4) to six (6) hours as needed. Usually, but on the third day after surgery, your arm/shoulder will begin to feel better and you will require less medication. Sometimes if you wait until the pain is severe, the pain pills will not work immediately and may take several hours or several doses before you feel some pain relief. Therefore, we recommend that you start the medication even with mild pain the first night after surgery.

2. What should I do about nausea and vomiting?

Many patients have nausea after surgery when taking pain medication. If the nausea and vomiting are severe, the doctor can prescribe a medication in suppository form.

3. What should I do if I have a fever?

A low-grade fever (99° to 100°) can be common after surgery for several days. You may even have some slight chills and sweating. If you have a low-grade fever, you should try to breathe deeply and cough to clear any congestion from your lungs. If your temperature is measured above 101°, please call the office.

4. How do know if I have an infection?

Severe wound infections usually manifest after five (5) to ten (10) days after surgery. If you notice extreme increased pain, redness, discharge, and/or a fever; please contact our office. It may be necessary to have you seen in the office and/or treat any potential infection with antibiotics.

## After Surgery (Post-Operative)

After surgery, Dr. Sabesan will talk to family and/or friends in the family waiting area. You will be admitted to the PACU (post-anesthesia care unit) immediately after surgery. Depending on your surgery, you will either go home as an outpatient, or may be admitted to the hospital for further care.

### 1. Dressings/Splint

- a. You will have a bandage/dressing over the operative site.
- b. You may remove your dressing and shower after 2 (two) days unless told otherwise - **DO NOT SOAK IN WATER** (i.e., bath, pool, or tub).
- c. If cast immobilization is necessary, your splint and dressing change to a full cast at your first follow-up visit with Dr. Sabesan.

### 2. DO NOT GET YOUR DRESSING OR SPLINT WET

- a. Once you get home, if your dressing, splint, or cast feel tight or inadvertently gets wet, please contact Dr. Sabesan's office immediately (561-627-8500) or call the hospital directly.

### 3. Activity

- a. In general, **LIMIT YOUR ACTIVITIES TO HOME** for the first **WEEK** after surgery.
- b. If advised, you will start physical therapy after your surgery.

### 4. Elevation

- a. It is **VERY** important to keep the surgical arm elevated the first few days.
- b. Elevation reduces swelling and minimizes pain.
- c. Less swelling is associated with a lower infection rate, fewer wound complications, less post-operative stiffness, and a more rapid recovery of function.

### 5. Pain

- a. You will be discharged home with a prescription for oral pain medication.
- b. All pain medication can cause nausea, vomiting, and/or constipation. If these become significantly problematic, please contact Dr. Sabesan's office.

### 6. Following Hospital Discharge

- a. Notify Dr. Sabesan if you experience any of the following:
  - a. A temperature above 101 degrees Fahrenheit
  - b. Increased pain (despite adequate elevation)
  - c. Increased drainage from incision area
- b. **PLEASE DO NOT HESITATE TO CALL IF YOU HAVE ANY QUESTIONS, CONCERNS, OR PROBLEMS!!**

## The Day Before Surgery

1. DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT on the night before your surgery. The only exception is your usual medications which may be taken with ONLY a small sip of water on the morning of surgery.
2. Please, no nail polish on fingers or toes.
3. The hospital will call you the day before your procedure to confirm the date and time you should arrive at the designated location.
4. ALL patients must have some type of transportation arranged to leave the hospital. You MUST have someone to drive you home.
5. If you develop a cold, flu, or any other type of illness on the day of surgery, please call the office. For your safety, it may be necessary to postpone and reschedule your procedure.

## The Day of Surgery

1. What you should bring to the hospital on the day of surgery:
  - a. Insurance card, photo ID, co-pay, deductible or co-insurance.
  - b. A list of ALL medications (including supplements and herbal products) that you are currently taking, including dosages and frequency.
2. What should I NOT bring to the hospital on the day of surgery:
  - a. ALL valuables(excluding the above-mentioned documents), such as money, jewelry, radios, cell phones, etc.
  - b. No jewelry at all, including piercings, will be allowed in the operating room
3. What should you wear on the day of surgery?
  - a. Please wear comfortable, loose-fitting clothing since undressing may be necessary.
  - b. If you wear dentures, you will be asked to remove them before surgery.