

Preoperative Checklist for Open or Arthroscopic Surgery

1 month prior:

- Begin taking a Calcium and Vitamin D supplement
- Consider starting a daily protein supplementation 2 weeks prior to surgery
- Arrange a ride to and from surgery
- Determine where you will do physical therapy after surgery

1 week prior:

- Stop taking blood thinners, Aspirin, NSAIDs (Ibuprofen, Aleve, Naproxen), and Fish Oil (see list for other medications that need to be stopped prior to surgery)
- Consider practice sleeping with you sling and dressing for shoulder surgery patients
- Arrange important household items so you don't have to reach up with 2 hands
- Apply Benzoyl peroxide 5-10% to the shoulder or knee for 3 days prior. Obtain at the drugstore
- Start taking a stool softener 2 days before surgery to avoid constipation from narcotics

Night before surgery:

- Nothing to eat or drink after midnight
- Take Tylenol 1000mg x1 and a Carbohydrate drink prior to bed
- Do not take any Lisinopril or other ACE inhibitor

Day of Surgery

- Do not take any Lisinopril or other ACE inhibitor
- Arrive 2 to 2.5 hours prior to scheduled surgery time

After Surgery

- Resume normal medications and consider protein supplementation
- Remove dressing 3 days after surgery, shower, and apply dressing for open incision, band-aids for arthroscopic surgery
- Wear leg stockings for 3 days, for 2 weeks if history of blood clot
- Take NSAIDS for 5 days
- Take Vitamin C for 6 weeks
- Take the Calcium, Vitamin D complex for 12 weeks

After-Surgery Medication Schedule

1 month prior:

- Begin taking Vitamin D 800 IU daily

Evening prior:

- Take Tylenol 1000 mg before bed

Evening after surgery:

- Take Ibuprofen 600 mg **OR** Celebrex 200 mg in the evening
- Take Tylenol 1000 mg in the evening
- Oxycodone 5 mg 1 pill every 4 hrs **ONLY IF** needed for pain
- Take Zofran 4 mg every 4-6 hrs as needed for nausea

Days 1-5 after surgery:

- Take Ibuprofen 600 mg every 8 hours **OR** Celebrex 200 mg daily
- Take Tylenol 1000 mg every 8 hours
- Use Oxycodone 5 mg 1 pill every 4 hours **ONLY IF** needed for pain
**Aim to wean off oxycodone within a few days after surgery
- Take Zofran 4 mg every 4-6 hours as needed for nausea
- Take Colace 100 mg twice daily
- Benadryl 25 mg in the evening as needed for sleep/pain
- Take Vitamin C 500 mg twice daily
- Take Calcium, Vitamin D supplement twice daily
- Take Aspirin 325 mg daily (for lower extremity surgery only)

Days 5-14 after surgery:

- Take Tylenol 1000 mg every 8 hours as needed for pain
- Take Ibuprofen 600 mg every 8 hrs **OR** Celebrex 200 mg as needed for pain
- Use Oxycodone 5 mg 1 pill every 6 hrs **ONLY IF** Needed
**Aim to wean off oxycodone within a few days after surgery
**Wean off oxycodone first, then wean off Tylenol
- Take Colace twice daily until off oxycodone
- Take Aspirin 325 mg daily (take for minimum of 2 weeks, up to 6 weeks total for lower extremity surgery)
- Take Vitamin C 500 mg twice daily (continue up until 6 weeks after surgery)
- Take Calcium, Vitamin D supplement twice daily
(can continue up until 12 weeks after surgery)

Example Schedule:**Days 1-3 after surgery**

- 7 am** -Ibuprofen 600 mg/ Celebrex 200 mg
 -Tylenol 1000 mg
 -Oxycodone 5 mg 1 pill (only if needed)
 -Colace
 -Vitamin C 500 mg
 - Calcium, Vitamin D supplement
 -Aspirin 325 mg (for lower extremity surgery)
- 12 pm** -Oxycodone 5 mg 1 pill (only if needed)
- 2 pm** -Ibuprofen 600 mg if you don't take Celebrex
 -Tylenol 1000 mg
- 5 pm** -Oxycodone 5 mg 1 pill (only if needed)
- 10 pm** -Ibuprofen 600 mg if you don't take Celebrex
 -Tylenol 1000 mg
 -Oxycodone 5 mg 1 pill (only if needed)
 -Vitamin C 500 mg
 - Calcium, Vitamin D supplement
 -Benadryl 25 mg for sleep

Days 4-5 after surgery

- 7 am** -Tylenol 1000 mg
 -Ibuprofen 600 mg or Celebrex 200 mg
 -Vitamin C 500 mg
 - Calcium, Vitamin D supplement
 -Aspirin 325 mg (for lower extremity surgery)
- 2 pm** -Tylenol 1000 mg
 -Ibuprofen 600 mg if you don't take Celebrex
- 10 pm** -Tylenol 1000 mg
 -Ibuprofen 600 mg if you don't take Celebrex
 -Oxycodone 5 mg. 1 pill ONLY IF needed
 -Colace 100mg (if still taking oxycodone)
 -Vitamin C 500 mg
 - Calcium, Vitamin D, and Magnesium complex

Days 6-14 after surgery

- 7 am** -Tylenol 1000 mg
 -Vitamin C 500 mg
 - Calcium, Vitamin D, and Magnesium complex
 -Aspirin 325 mg (for lower extremity surgery)
 - Can continue to take Ibuprofen or Celebrex if needed
- 2 pm** -Tylenol 1000 mg