



# Pre-Operative Checklist Open or Arthroscopic Surgeries

## 1 month prior

- Begin taking a Calcium, Vitamin D, and Magnesium complex
- Consider starting a daily protein supplementation

## 2 weeks prior

- Arrange a ride to and from surgery
- Determine where you will do physical therapy after surgery

## 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, Magnesium complex for 12 weeks





# Post-Operative Medication Schedule

## Open or Arthroscopic Surgeries

### 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 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
- 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, and Magnesium complex 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 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, and Magnesium complex twice daily (continue up until 12 weeks after surgery)