

Information for Dr. Shukla's Surgical Patients

How to prepare for your surgery

Please make sure that you have collected your prescriptions ahead of time. I will have sent them to pharmacy the day before for collection. Please do not wait until discharge from hospital to collect your prescriptions as typically this is in late afternoon or after hours and so managing prescriptions issues with the on-call service is less challenging.

What to expect

Common issues after surgery

The biggest issue patients experience after surgery is issues with collecting their prescription medications. **PLEASE COLLECT YOUR PRESCRIPTION MEDICATION THE DAY PRIOR TO YOUR SURGERY.**

Constipation

Constipation is very common after surgery due to the medications used to control pain. Please ensure that you have one or several of the following medications at home to use if needed in the post op period;

- 1) Colace (docusate); stool softener- 1 cap twice daily
- 2) MiraLAX; osmotic laxative; 1 capful once daily, may be taken up to three times daily
- 3) Senna: stimulant laxative: 2 tabs at bedtime

In addition, please ensure you are drinking plenty of water, moving as much as is tolerable and eating a high fiber diet.

Pain

- Pain is expected and normal in the postoperative period.
- Please ensure you have your medications at home the day prior to the surgery.
- Please see my pain medications sheet for further details on how to manage post-operative pain.

Numbness

This is not unusual due to local nerve blocks used during surgery- similar to a dentist numbing your gums for dental work, the medication wears off after several hours and can cause numbness and tingling. This is normal and expected. It should improve with time.

Nausea

Nausea is also common in the post-operative period due to medications used for pain. Typically, the nausea is caused by the bowels slowing down. To control this, please move as much as is tolerable. If you cannot walk, rotate your ankles in bed to stimulate your lower abdominal muscles and bowels.

Helpful tips to avoid nausea include:

- Stay hydrated by drinking plenty of water.
- Avoid constipation
- Take medications with food

Wound Care

Please follow directions given to you on wound care. Following the directions will ensure that your body heals well and scarring is reduced. Keep wound clean and dry.

If you see bloody drainage seeping through the bandages or smelly drainage please contact our after-hours service

Fatigue

This is very common. Orthopedic surgery is considered major surgery. As such, we use medications to put you to sleep during the surgery itself and medications to control your pain. Both of these medications can cause sleepiness, drowsiness. It is normal.

The sleepiness from the medications used during the operation will improve within 24-72 hours.

Use of sling

This is absolutely critical. Ensuring there is NO movement post operatively will significantly help your chance of success after surgery. PLEASE follow my instructions on the use of your sling.

Important topics

- Please ensure you have the needed equipment at home; sling/ cane etc.
- Please ensure you have a ride home from the hospital and someone to help you in the immediate post-operative period. If you need home health etc. please ensure you have let me and my staff know ahead of time so that we can help you facilitate it with your insurance.
- If you need documentation for work, please ensure my staff are aware of it.