

# Dr. Marumoto's Post-Operative Instructions:

## Knee Arthroscopy Surgery



**Pain Management:** At the end of your surgery, your knee was injected with a mixture of long-acting pain medicine. This will wear off in 6 hours, but may last for up to 24 hours. Start taking your pain medicine as soon as you start to feel increasing pain. If the prescribed pain medicine does not control your discomfort, you may take non-prescription pain medicine (acetaminophen (Tylenol), ibuprofen (Advil or Motrin), and naproxen (Aleve) IN ADDITION to the prescribed pain medicine. Follow the label dosing.



**Nausea:** Anesthesia and pain medicine can cause nausea. You may be given promethazine (Phenergan) or ondansetron (Zofran) for nausea. Take these as long as you are taking prescription pain medicine to prevent nausea.



**Constipation:** Prescription pain medicine can cause constipation. You may be given Senna to take twice a day, but you may also take any non-prescription stool softeners as often as needed, as well as prunes, prune-juice, and any foods that help move bowels.



**Ice:** Using ice can help pain. Put a light towel over the incisions and apply sealed ice bag for 20 minutes and repeat every hour as needed while awake.



**Bandage Care and Bathing:** If your knee is put in a BRACE - Leave your current bandage in place and sponge bathe until your next office appointment. If you are NOT in a BRACE, you should take OFF the bandage entirely the day after surgery and take a normal shower, washing the incisions lightly with soap and water – this is good to wash away any old blood and skin bacteria. Do NOT submerge incision under water in a bath tub/pool/ocean until Dr. Marumoto says ok. After shower, re-bandage with simple Band-Aid's or light gauze and elastic wrap.



**Crutches:** Use your crutches putting no more than half your body weight on your affected leg (even if it feels like you can put more weight on it, even if you have no or little pain) until Dr. Marumoto allows more weight.



**Driving:** DO NOT drive until you are OFF of prescription pain medicine and can safely move your feet and push the pedals.



**Fevers:** Fevers are common after any surgery with general anesthesia and are rarely due to infection. If you have a fever, take non-prescription label dosing of Tylenol or Ibuprofen.

**Itching and/or Rash (Allergic reactions):** If you get MILD itching or rash, take non-prescription allergy medicine such as Benadryl, Claritin, or Allerest.



**When to call Dr. Marumoto's office at 521-8160; All Access Ortho at 356-5699 M-F 8am – 8pm, Sat/Sun 9am-5pm or Physicians Exchange after hours @ 808-524-2575**

- 1.) Fever is above 101.5°F and/or chills. Fever is common after any surgery with general anesthesia and is rarely due to infection.
- 2.) Excessive nausea, vomiting, difficulty breathing, inability to urinate or severe pain unrelieved with medication ordered.
- 3.) Extensive swelling around the operative area, numb, dusky or pale color in toes, or pus type drainage.

## Dr. Marumoto's Post-Operative Instructions:

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If you need **IMMEDIATE ATTENTION**, such as difficulty breathing call 911 or go to the **NEAREST EMERGENCY ROOM**.

A Registered Nurse from MIS Hawaii will be calling to follow up on your procedure with you the day after your surgery to answer any post-op questions.

The discharge instructions were explained to me. I understand these instructions are necessary for continuing medical care after I (the patient) leave MIS Hawaii. I have received a copy of these instructions.

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Patient or Authorized Person Signature

Date/Time

Nurse Signature

Date/Time

# Dr. Marumoto's Post-Operative Instructions:

## Shoulder Arthroscopy Surgery



**Pain Management:** At the end of your surgery, your shoulder was injected with a mixture of long-acting pain medicine. This will wear off in 6 hours, but may last for up to 24 hours. Start taking your pain medicine as soon as you start to feel increasing pain. If the prescribed pain medicine does not control your discomfort, you may take non-prescription pain medicine (acetaminophen (Tylenol), ibuprofen (Advil or Motrin), and naproxen (Aleve) in ADDITION to the prescribed pain medicine. Follow the label dosing.



**Nausea:** Anesthesia and pain medicine can cause nausea. You may be given promethazine (Phenergan) or ondansetron (Zofran) for nausea. Take these as long as you are taking prescription pain medicine to prevent nausea.



**Constipation:** Prescription pain medicine can cause constipation. You may be given Senna to take twice a day, but you may also take any non-prescription stool softeners as often as needed, as well as prunes, prune-juice, and any foods that help move bowels.



**Ice:** Using ice can help pain. Put a light towel over the incisions and apply sealed ice bag for 20 minutes and repeat every hour as needed while awake.



**Bandage Care and Bathing:** Leave your current bandage in place and sponge bathe the first night after surgery. Take OFF the bandage entirely the day after surgery and take a normal shower, washing the incisions lightly with soap and water – this is good to wash away any old blood and skin bacteria.



Do NOT submerge incision under water in a bath tub/pool/ocean until Dr. Marumoto says ok. While showering use a long-handle shower brush for hard to reach places, do NOT reach away/behind/or across your body. After shower, re-bandage with simple Band-Aids or light gauze and tape.



**Sling and using your hand:** Wear your sling adjusted to your comfort (tight or loose). Some patients find that putting a pillow under their arm between their elbow and ribs is most comfortable. Wear the sling whenever you are up and about. You may remove it while seated or sleeping, but do NOT reach away from your body. You may use your hand to eat, write and use a computer, but do NOT reach away from your body. Do NOT open/close doors with the affected arm.



**Driving:** Do NOT drive until you are OFF of prescription pain medicine and can safely use your affected side.



**Fevers:** Fevers are common after any surgery with general anesthesia and are rarely due to infection. If you have a fever, take non-prescription label dosing of Tylenol or Ibuprofen.

**Itching and/or Rash (Allergic reactions):** If you get MILD itching or rash, take non-prescription allergy medicine such as Benadryl, Claritin, or Allerest.



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Nurse Signature

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# Dr. Marumoto's Post-Operative Instructions:

## Shoulder Manipulation



**Activity:** Apply a WARM HEAT pack to your joint for 5 minutes then STRETCH your joint slow and firm in each direction as far as it can go with moderate pain and hold for 5 seconds and repeat 5 times every hour while awake.



**Pain Management:** At the end of your surgery, your shoulder was injected with a mixture of long-acting pain medicine. This will wear off in 6 hours, but may last for up to 24 hours. Start taking your pain medicine as soon as you start to feel increasing pain. If the prescribed pain medicine does not control your discomfort, you may take non-prescription pain medicine (acetaminophen (Tylenol), ibuprofen (Advil or Motrin), and naproxen (Aleve) in ADDITION to the prescribed pain medicine. Follow the label dosing.



**Nausea:** Anesthesia and pain medicine can cause nausea. You may be given promethazine (Phenergan) or ondansetron (Zofran) for nausea. Take these as long as you are taking prescription pain medicine to prevent nausea.



**Constipation:** Prescription pain medicine can cause constipation. You may be given Senna to take twice a day, but you may also take any non-prescription stool softeners as often as needed, as well as prunes, prune-juice, and any foods that help move bowels.



**Ice:** Using ice can help pain but also makes joints feel stiff. If you choose to use ice for pain, use immediately AFTER stretching and NOT before stretching. Apply a sealed ice bag over a light towel for 20 minutes and repeat every hour as needed while awake.



**Driving:** Do NOT drive until you are OFF of prescription pain medicine.



**Fevers:** Fevers are common after any surgery with general anesthesia and are rarely due to infection. If you have a fever, take non-prescription label dosing of Tylenol or Ibuprofen.

**Itching and/or Rash (Allergic reactions):** If you get MILD itching or rash, take non-prescription allergy medicine such as Benadryl, Claritin, or Allerest.



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