



# Avascular Necrosis Core Decompression and Stem Cells Inoculation Postoperative Instructions

## Medications prescribed before surgery:

- **Scopolamine patch:** place behind ear the day before surgery

## Medications prescribed after surgery:

These will all be called into the pharmacy and should be picked up prior to surgery.

- **Senna:** take 1 tablet twice daily for constipation while on narcotics
- **Aspirin (325mg):** take one tablet twice daily for 3 weeks for DVT prophylaxis
- **Zofran (4mg oral tablet):** take 1 tablet every 6 hours as needed for nausea

## Pain medication and ice:

- Pain medication will be given when you are discharged from the hospital.
- Ice your incision as needed and after activity about 3 to 4 times a day. We have included an insert on how to make your own gel packs at home.

## Smoking and surgery:

- Dr. Pascual-Garrido has a **NO NICOTINE** policy for surgical patients. For your safety and to promote successful outcomes, we will **not allow any nicotine to be in your system on surgery day**. This takes 4 weeks to get out of your system. We will perform a blood test at your pretesting appointment to check for nicotine.

## Weight bearing (bring with you on surgery day):

You should borrow or purchase crutches or a walker prior to surgery and bring it to the hospital with you. Make sure to put your name on it. These assistive walking devices can also be obtained at the hospital prior to discharge.

- “Toe touch” weight bearing with crutches or walker for two weeks.

## Hip range of motion (ROM):

- Hip range of motion is not restricted following the procedure.

## Dressings:

- Please leave the dressings and steri-strips on until the next follow up appointment. Cover your incision when showering to keep the steri-strips dry. Do **NOT** soak incision. Do not swim, sit in a bath or hot tub for at least 4 weeks after surgery or until incision is fully healed.

## First post-op clinic appointment:

- Your first post-op clinic visit with us will be 2 weeks after your surgery.

## Back to normal activity or work:

- If you have a “desk type job” you will be allowed to go back to work after 10 days. If you have a “physical job” you will need to request to be off work for 6 weeks.

## Contact us

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### Contact Dr. Pascual-Garrido’s nurse:

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Physicians

Orthopedics