



# Gluteus Repair 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 6 weeks for the prevention of blood clots.
- **Mobic (7.5mg):** take one tablet twice daily for 3 weeks
- **Zofran (4mg oral tablet):** take 1 tablet every 6 hours as needed for nausea
- **Pain medication**

## 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 send an order to the lab of your choice for this test.

## 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 surgery center prior to discharge.

- After your gluteus repair surgery, please remain non-weight bearing (WB) with crutches or walker for 3 weeks.
- Progress to toe-touch and full weight bearing within the next 4-6 weeks.

## Hip brace (bring with you on surgery day):

- Our medical rep will be contacting you to set up a date/time to get you fitted.
- Please wear your hip brace at all times for the first 3 weeks. Remove the brace daily to check skin for reddened areas. After 3 weeks, the brace only needs to be worn to bed.

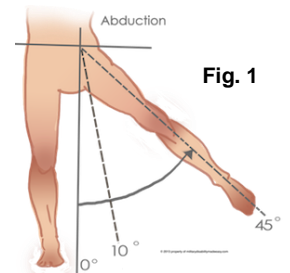


Fig. 1

## First postoperative clinic appointment:

- Your first postoperative clinic visit with us will be 6 weeks after your surgery.

## Restrictions and activity guidelines:

During the immediate post-op time frame, it is imperative that you allow the surgical repair to heal.

Therefore, please adhere to these guidelines:

- Avoid functional abduction (fig.1), external rotation (fig. 2), and figure four sitting (fig. 3) for 6 weeks.
- Avoid standing for long periods of time for 6 weeks.



Fig. 2



Fig. 3

### Physical therapy:

- You can begin formal physical therapy 6 weeks after your surgery. Please start these formal sessions no later than the beginning of post-op week 7.
- Once you start physical therapy, plan on attending two appointments per week for 8-12 weeks.
- Please plan ahead, and schedule your physical therapy appointments in advance.

### Dressings:

- You may change the outer dressing (clear Tegaderm and gauze) if it becomes wet or soiled. **Please do NOT remove the tape strips/steri-strips that are directly over your incisions.** You may add more steri-strips on top of the original steri-strips that were placed at the end of your operation, but do not intentionally remove the original steri-strips. Let those fall off on their own about 10-14 days after surgery.
- You may remove your outside dressing (not the steri-strips) after three days, but cover your incision to shower.
- Three weeks after surgery, you may remove the steri-strips. Please contact our office if the incision is not completely healed.

### Showering:

- You may remove the brace to shower.
- You may shower 72 hours after your surgery, but cover your surgical site to avoid getting your incisions wet. 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.

### Back to normal activity or work:

- If you have a light duty/desk job you will be allowed to go back to work after 10 days. If you have a physically demanding job you will need to request to be off work for 6 weeks. Please send FMLA paperwork to the office fax line at 314-747-8744.
- After 3 weeks, you will only need to wear your brace to bed. At this time, if you are off all pain medication, you may drive.

## Contact us

If you have any questions about physical therapy, activities, return to work, or any concerns or problems, please feel free to call us at 314-273-1913. Nearly all of these issues can be addressed easily by telephone.



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

**314-273-1913**



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