

What Should I Expect Post-Operatively

1. What symptoms might I experience post-operatively as a result of under-going general anesthesia?

- It is very normal to experience sore throat and hoarseness for several days post-operatively.
 - **Recommended Treatment:** Saline Gargles or Lozenges
- It is very common to experience nausea and/or vomiting.
 - **Recommended Treatment:** Fill the prescription of Phenergan; this was provided to you upon discharge from the surgical center. Remember to eat and drink lightly.
- If my procedure required a nerve block, what should I expect to experience once I leave the facility?
 - It is normal for the extremity that was blocked to have a sense of “numbness and tingling” for 8 – 72 hours. However, the majorities wear off within 16-24 hours.
 - If you experience numbness and tingling longer than the duration mentioned above, please call our office and let us know (513) 354-3700.
- Some procedures require a nerve block. Below are some common side effects:

SURGICAL PROCEDURE	TYPE OF BLOCK	COMMON SIDE EFFECTS
Shoulder Arthroscopy	Interscalene Nerve Block	1. Ipsilateral (same side as block) eyelid droop 2. Unequal pupils 3. Hoarseness 4. Shortness of breath All abate with offset of the block
Total Knee Replacements	Femoral Nerve Block	1. Leg is weak This abates with the offset of the block
ACL Reconstruction using a Bone Patella Tendon Bone Graft	Femoral Nerve Block	1. Leg is weak This abates with the offset of the block

Carpal Tunnel Release	Bier Block	4. Numbness and Tingling in wrist This abates with the offset of the block
Achilles Tendon Reconstruction	Popliteal Block	1. Numbness and Tingling from knee down to foot This abates with the offset of the block

2. What type of wound care do I need to worry about post-operatively?

- During arthroscopic procedures, we use saline solution to help us better visualize the area we work on during the procedure. Therefore, it is normal after an arthroscopic procedure to have some red tinged fluid drain from the wound site and seep through the bandages.
 - **Recommended Treatment:** Keep your current bandages in place and continue to reinforce it with more dressing material and an ace wrap if possible until your follow-up visit with physical therapy, or with us in the office.
- Your first dressing change will take place the day following your surgical procedure. Typically this is completed at your first physical therapy visit, however, if Dr. Kremchek has delayed your physical therapy, you will need to make an appointment with us in the office to have your wounds examined and a dressing change completed (513) 354-3700.

5. When do I need to start Physical Therapy?

- In most cases we recommend that you start physical therapy the following day after your surgical procedure. In some circumstances, Dr. Kremchek will intentionally delay the start of your physical therapy (*This is on a case by case basis and you will be told if this applies to you*).

6. When do I need to follow-up with Dr. Kremchek?

- Please schedule a follow-up appointment 7-10 days post-operatively to have your wounds examined and your stitches removed.

5. When will I be able to drive:

- Driving privileges will be given depending on the physical therapist recommendations or those given by Dr. Kremchek or one of his PA's.

6. When should I be concerned and contact the office?

- If you experience continued pain, despite rest, ice, elevation, and medication.
- If you experience continued numbness and tingling longer than the expected duration of the nerve block or if you did not have a nerve block and are experiencing numbness, tingling, or coldness of the extremity.
- If you have any side effects such as rash, trouble breathing, or vomiting.
- If you have any general signs of infection such as headache, fever, redness or continued drainage from the wound.

7. What do I need to know about my On Q Pain Buster?

- For all questions regarding this product, please refer to pamphlet that was provided to you with the rest of your pre-operative instructions. A 24-hour product support number is provided 1-800-444-2728.