

## **Pectoralis Major Repair Post op instructions**

- Begin physical therapy 6 weeks after surgery
- Can feed self and pendulums in initial weeks only
- Sling for 6 weeks
- NO ROM restrictions at 7 weeks

### **SLING/MOVEMENT**

For the first 6 weeks after surgery, you must wear your sling at all times including while you are asleep. You may only remove the sling to shower and to perform range of motion exercises for your elbow and wrist.

You should flex and extend your elbow 3 to 4 times a day to prevent stiffness. Do not move your elbow away from your body as this may damage the repair.

### **ICE**

An ice machine will be provided to you prior to your surgery. This will help decrease swelling and pain after your surgery. Use the ice machine as much as possible when you get home at intervals of 20 minutes on and off. You should keep the ice machine for approximately two weeks. Do not use the ice machine while you are sleeping.

### **MEDICATIONS**

If you were given a nerve block for anesthesia, it will wear off over 18-24 hours. During this time you will have little to no feeling in the body part where you had surgery (i.e. arm). Also, an injection of local anesthesia was injected into your shoulder after the completion of the operation. This medication will wear off in 5 to 6 hours. To control your pain during this transition while the nerve block is wearing off, you are to eat first and then begin taking the **pain medication** (e.g. Vicodin, Percocet, etc) immediately when you get home from surgery. This will prevent you from having severe pain. Take the pain medication every 4 hours until you go to bed.

You have been given an antibiotic medication – please take this as prescribed until completion of the medication.

A **sleeping medication** (e.g. Ambien) is also provided to help you sleep at night. Take one tablet 30 minutes before you plan to sleep.

### **DRESSING/BANDAGES**

Keep your surgical dressing clean and dry. Do not remove the dressing until your follow-up visit. You can have the dressing changed to another sterile dressing at the one week mark. A waterproof dressing has been applied. You may take a shower, however you should avoid direct contact on the dressing with water.

Do not take a bath or submerge your shoulder in water until your incision is checked at your first post-operative visit.

### **TEMPERATURE**

It is normal to have an elevated temperature during the first 2-3 days post-operatively. Please call our office if your temperature is above 101°F, if there is increased redness around the incision sites, or if there is increased drainage from the incision sites.

### **APPOINTMENT**

Please call the office prior to, or immediately following, your surgery in order to schedule a post-operative appointment. This should be scheduled 7-10 days after surgery. At that visit your stitches will be removed and you will be given a prescription for physical therapy.

**MEDICATIONS**

1. Narcotic pain medication (Norco)
2. Mobic (Anti-inflammatory)
3. Tylenol (pain)
4. Aspirin (To reduce risk of blood clots)
5. Zofran (Anti-nausea)
6. Miralax (Laxative, over the counter)

<h2>Multimodal Medication Guide For After Surgery</h2>		
Day	Medications	Notes for Tracking your Medications
The Day You Come Home	Take your <b>Norco 5 mg</b> as needed for pain not controlled by the <b>other medications</b>	
	Take 1 tablet. Wait 30 minutes. If you still have pain, take a 2nd tablet. <b>Maximum 2 tablets per 6 hour period.</b>	
1 Day After Discharge	Take your <b>Meloxicam 15 mg</b> 45 minutes before your normal bedtime	
	Take your <b>Tylenol 1000 mg (2 tablets of 500 mg)</b> for pain every 8 hours	
	Take your <b>Norco 5 mg</b> as needed for pain as described above	
	Take your <b>Aspirin 81 mg</b> every 12 hours for blood thinning	
	Take your <b>Miralax</b> for constipation at breakfast	

2 Days After Discharge	Take your <b>Meloxicam 15 mg</b> 45 minutes before your normal bedtime	
	Take your <b>Tylenol 1000 mg (2 tablets of 500 mg)</b> for pain every 8 hours	
	Take your <b>Norco 5 mg</b> as needed for pain as described above	
	Take your <b>Aspirin 81 mg</b> every 12 hours for blood thinning	
	Take your <b>Miralax</b> for constipation at breakfast	
	<b>If you have not had a bowel movement, drink 1 bottle of Magnesium Citrate</b>	
3 Days After Discharge	Take your <b>Meloxicam 15 mg</b> 45 minutes before your normal bedtime	
	Take your <b>Tylenol 1000 mg (2 tablets of 500 mg)</b> for pain every 8 hours	
	Take your <b>Norco 5 mg</b> as needed for pain as described above	
	Take your <b>Aspirin 81 mg</b> every 12 hours for blood thinning	
	Take your <b>Miralax</b> for constipation at breakfast	
4 Days Through 6 Weeks After Discharge	Take your <b>Aspirin 81 mg</b> every 12 hours for blood thinning ( <b>stop after 4 weeks</b> )	
	Take your <b>Meloxicam 15 mg</b> 45 minutes before your normal bedtime ( <b>call if need beyond 4 weeks</b> )	
	Take your <b>Tylenol 1000 mg (2 tablets of 500 mg)</b> for pain every 8 hours	
	Take your <b>Norco 5 mg</b> as needed for pain as described above	
	Take your <b>Miralax</b> for constipation at breakfast (may stop once your normal bowel routine returns)	

- Narcotic pain medication, one to two pills every 6 hours around the clock. You do not have to be woken up to take a pain pill. The special care nurse will prescribe this for you after your first appointment.
- Your prescribed narcotics contain acetaminophen (also known as Tylenol), which is toxic to your liver. Please do not supplement your prescribed medications with Tylenol. Do not take more than 4000mg of Acetaminophen (Tylenol) in a 24 hour period. Keep in mind the Norco has 325mg of tylenol in it that you need to account into the max daily amount.
- Take opioid / narcotics medications AS NEEDED. If you have severe pain, narcotic medication can be taken on a schedule; one or two pills every four hours while awake. As the pain decreases, you can gradually lengthen the time between doses.
- Common side effects of the pain medication are nausea, drowsiness, and constipation – to decrease the side effects, take medication with food – if constipation occurs, consider taking an over-the-counter laxative, such as MiraLax.

Take this over-the-counter medication if you have constipation after taking narcotics.

- If you are having problems with nausea and vomiting, stop taking your opioid / narcotic pain medication. If these symptoms persist, contact the office or go to urgent care.
- Do not drive a car or operate machinery while taking the narcotic medication

Zofran (also known as Ondansetron) is a medication used to prevent nausea and vomiting. Take one tab AS NEEDED for nausea or vomiting every 6 hours.