

Dr. Frank Bohnenkamp,  
Fellowship Trained, Board Certified  
Orthopedic Surgeon

Michael Finigan,  
Physician Assistant, Certified

Sandra Nirva,  
Clinical Lead, Athletic Trainer

Contact  
P: 815.398.9491  
F: 815.381.7498  
drbohenkamp.com

Patient Name: \_\_\_\_\_

# Medications to Stop Prior to Surgery

Blood thinners—any medications that thin the blood, including aspirin, Plavix, Eliquis, Xarelto, Coumadin, and Lovenox, must be stopped before surgery.\*

My last day to take my blood thinner will be: \_\_\_\_\_

Fish oils and omega-3s will need to be stopped 7 days prior to surgery. These medications thin the blood.

My last day to take fish oil or omega-3s will be: \_\_\_\_\_

Aleve, ibuprofen, Advil, naproxen, meloxicam, diclofenac, nabumetone, and all NSAIDs will need to be stopped 7 days prior to surgery.

My last day to take NSAIDs will be: \_\_\_\_\_

All multivitamins—anything that does not come in a prescription bottle will need to be stopped 7 days prior to surgery.

My last day to take vitamins will be: \_\_\_\_\_

Hormone replacement therapy will need to stop 4 weeks before surgery and can restart 4 weeks after surgery.

My last day for hormone replacements will be: \_\_\_\_\_

I can restart hormone replacements on: \_\_\_\_\_

Biological medications will need to stop 4 weeks before surgery and can restart 4 weeks after surgery. Those medications include Humira, Orencia, Kineret, Cimzia, Enbrel, Simponi, Remicade, Otrexup, Rasuvo, Trexall, and Rituxan.\*

My last day for biologics will be: \_\_\_\_\_

I can restart biologics on: \_\_\_\_\_

\*Holding these medications will be done in conjunction with your prescribing physician to hold them prior to surgery in the safest way possible.

**My appointment after surgery is scheduled for:**

Date: \_\_\_\_\_ Time: \_\_\_\_\_

At OrthoIllinois, **Algonquin: 650 South Randall Road**

Dr. Frank Bohnenkamp,  
Fellowship Trained, Board Certified  
Orthopedic Surgeon

Michael Finigan,  
Physician Assistant, Certified

Sandra Nirva,  
Clinical Lead, Athletic Trainer

#### Contact

P: 815.398.9491

F: 815.381.7498

drbohenkamp.com

## Medications After Surgery

After surgery, Dr. Bohnenkamp will prescribe you medications for you to take at home throughout your recovery. These medications, with the exception of pain medications, will be sent to your local pharmacy upon your discharge from the hospital. You must bring the paper script to the pharmacy to receive pain medications.

#### The following medications must be taken as prescribed:

This medication is taken to prevent blood clots. You will take this medication for 4 weeks after surgery. After 4 weeks, you can discontinue the medication and return to what you were taking before surgery. You will be discharged with one of the following:

- Aspirin 81mg** 1 tablet 2 times a day for **4 weeks**
- Aspirin 325mg** 1 tablet 2 times a day for **4 weeks**
- Other:** \_\_\_\_\_

These medications will be used to help pain and swelling after surgery. You should take them as prescribed after surgery. We will send the following medications to your pharmacy after surgery. After you finish the prescription from Dr. Bohnenkamp, you do not need a refill.

- Celebrex 200mg** once a day for **4 weeks**
- Tylenol 500mg** 3 times a day for **2 weeks**
- Gabapentin 100mg** 3 times a day for **2 weeks**

**We also recommend you take an over-the-counter multivitamin after surgery.** This will help promote wound healing after surgery.

Call our office at **815.398.9491** with any questions or concerns with the use of these medications.

## Physical Therapy After Surgery

If you are having an inpatient surgery, you will spend 1 to 2 nights in the hospital. You will receive physical therapy in the hospital. You will start outpatient physical therapy 1 to 2 days after you get home. If you are having outpatient surgery, we will want you to start outpatient physical therapy 2–3 days after surgery.

Call your physical therapy location prior to surgery to set up appointments.

I am going to physical therapy at: \_\_\_\_\_

Dr. Frank Bohnenkamp,  
Fellowship Trained, Board Certified  
Orthopedic Surgeon

Michael Finigan,  
Physician Assistant, Certified

Sandra Nirva,  
Clinical Lead, Athletic Trainer

#### Contact

P: 815.398.9491

F: 815.381.7498

drbohenkamp.com

## Bowel Health Prior to Surgery

In order to help avoid bowel complications after surgery, you will start a medication 3 days prior to surgery. We will send 3 days of senna to your pharmacy. You will take one pill each night for the 3 nights leading up to your surgery.

Start this medication on: \_\_\_\_\_

## Bowel Health After Surgery

Many patients struggle with bowel health following surgery. The most frequent issue is constipation, which is caused by a variety of factors. Anesthesia and opioid (narcotic) pain medication can increase the risk of constipation. In order to help alleviate this issue, please follow these recommendations.

Be sure to eat foods high in fiber and make sure to hydrate—both before and after surgery. Food that are high in fiber include bananas, broccoli, oatmeal, prunes and many more fruits and vegetables.

Try to resume walking as soon as possible after surgery, at least short distances. Activity can help the gut function correctly.

If you have not had a bowel movement 3 days after surgery, stop the pain medication. Narcotic pain medication can cause constipation. You can restart the pain medication after you have had a bowel movement.

You can also use over-the-counter stool softeners and/or laxatives as needed after surgery if you have not had a bowel movement after 3 days.

As always, please contact the office with any questions or concerns.