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OPEN GLUTEUS MEDIUS REPAIR

Home Discharge Instructions:

- Take 10 deep breaths each hour
- Get up and walk every hour. Walk as much as possible.
- Use walker or crutches.
- ONLY 20# flat foot weight bearing on operative extremity for 6-8 weeks after surgery.
- Hip brace to be in place at all times except for showering.
- Keep incision dry until 5 days after surgery. Then you may begin showering.
- Do not bathe or swim until incision is completely healed.
- A home health nurse will visit you in your home. Please share instructions below.
- A home physical therapist will also visit you in your home for the first 1-2 weeks post-op. Outpatient physical therapy will be delayed until 6-8 weeks post-op.
- Keep your post-op visit with Dr. Domb's Physician Assistant/Nurse Practitioner at 10-14 days post-op.

Instructions for Home Health Nurse:

- See patient as ordered by Dr. Domb for the first week PO. Check vital signs and incision at each visit.
- If on Lovenox, continue for 2 weeks postoperatively.
- If normally on Coumadin at home, discharge on Lovenox and regular dose of Coumadin. Discontinue Lovenox when therapeutic on Coumadin. PLEASE REQUEST PRIMARY CARE PHYSICIAN TO MANAGE COUMADIN.
- Anti-embolism stockings to be worn for 4 weeks.
- Instruct patient on incision care and pain management.
- Incision may get wet in shower 5 days after surgery. No baths or swimming until incision healed completely.
- Silver dressing may stay on for 7 days. Only remove if needed for incision checks and showering. If silver dressing is saturated or needs to be changed, replace with new Silver dressing or Mepilex dressing.
- Let steri-strips fall off on their own

Instructions for Home Physical Therapy:

- 3 PT sessions per week for 1-2 weeks PO – as indicated by Dr. Domb.
- Restrictions as follows for gluteus medius repair: 20# FFWB x 6-8 weeks. No active abduction. Brace in place at all times except showering.
- May obtain a rolling walker, raised toilet seat and /or any other assistive device, if needed.
- Instruct on hip precautions and home safety.
- Increase mobility with gait training, transfers, and stair climbing.
- DO NOT DRIVE UNTIL CLEARED BY MD.

Instructions for Skilled Nursing Facility or Rehabilitation Facility:

- Physical therapy twice daily & Occupational therapy to evaluate.
- ONLY 20# flat foot weight bearing on operative extremity for 6-8 weeks after surgery.
- Hip brace to be in place at all times except for showering.
- If on Lovenox in hospital, discharge on Lovenox 40mg injection daily for 2 weeks. Once Lovenox regimen completed, begin Aspirin 325 mg by mouth twice daily for 2 weeks
- If normally on Coumadin at home, discharge on Lovenox and regular dose of Coumadin. Discontinue Lovenox when therapeutic on Coumadin. PLEASE REQUEST PRIMARY CARE PHYSICIAN TO MANAGE COUMADIN.
- Anti-embolism stockings are to be worn for 4 weeks.
- Instruct patient on incision care, pain management, and hip precautions.
- May get incision wet in shower day 5 after surgery. No baths or swimming until incision healed completely.
- Silver dressing may stay on for 7 days. Only remove if needed for incision checks and showering. If silver dressing is saturated or needs to be changed, replace with new Silver dressing. If not available, may replace with Mepilex dressing.
- Let steri-strips fall off on their own.
- Patient should return to Dr. Domb's office for incision check at day 10-14 after surgery.
- Patient should also follow up with Dr. Domb at 3-4 months post-op.

All postoperative medications are provided to patients at their pre-operative appointment. Our typical medication regimen is as follows:

- **Pain Management:** Percocet 10/325mg 1-2 tabs PO every 6h PRN pain
- **DVT Prophylaxis:** Lovenox 40mg SQ injection daily x 14 days followed by Aspirin 325mg PO twice daily x 14 days
- **GI Prophylaxis:** Colace 100mg PO TID x 5 days

THERE MAY BE EXCEPTIONS TO ESTABLISHED PROTOCOL. CHECK WITH PATIENT DISCHARGE ORDERS AND EMAIL [**DOMBASSISTANT@DRDOMB.COM**](mailto:DOMBASSISTANT@DRDOMB.COM) OR CALL **(630) 920-2323** IF CLARIFICATION IS NEEDED.