

Brandon J. Erickson, MD
Mackenzie Lindeman, ATC
176 3rd Ave New York, NY
658 White Plains Rd Tarrytown, NY
450 Mamaroneck Rd Harrison, NY
Phone: 914-580-9624
Brandon.erickson@rothmanortho.com
Mackenzie.lindeman@rothmanortho.com
<https://rothmanortho.com/physicians/brandon-j-erickson-md>



SCAPULOTHORACIC FUSION DISCHARGE INSTRUCTIONS

PAIN MANAGEMENT

- **INTERSCALENE NERVE BLOCK** - A combination of local anesthetics are used to numb your shoulder and arm so your brain will not receive any pain signals during and immediately after surgery. The length of effect varies from person to person, but the block usually provides 8-12 hours of pain relief. You will notice a gradual increase in pain as this begins to wear off at which time you can increase the frequency of the oral pain medications as needed.
- **ORAL PAIN MEDICATIONS**
 - Tylenol 500 mg
 - Start by taking one tablet every four to six hours when you arrive home after surgery so you have some medication on board when the block wears off. You should take this on a regular schedule for the first few days after surgery
 - Naproxen 500 mg
 - Take 1 tablet twice per day to help with pain and inflammation. You will take this for 2 weeks.
 - You should take this medication with food.
 - Tramadol 50 mg
 - This is a non-narcotic pain medication.
 - You may take this medication every 4-6 hours as needed for moderate level pain (pain scale 4-7).
 - Oxycodone 5 mg
 - This is a narcotic medication.
 - If the Tylenol and Tramadol are not controlling your pain, you may take one to two tablets every 4-6 hours as needed for severe pain (pain level 8-10).

SIDE EFFECTS OF THESE MEDICATIONS INCLUDE DROWSINESS AND CONSTIPATION. **YOU SHOULD NOT DRIVE OR DRINK ALCOHOL WHILE TAKING THESE PAIN MEDICATIONS.**

- **OTHER MEDICATIONS**
 - Aspirin 81 mg
 - Take 1 tablet twice daily for 3 weeks following your surgery
 - This medication is not used as a pain reliever, but for its anti-platelet effects to help prevent blood clots
 - Do not take this medication if you are on another blood thinner
 - Zofran 4mg
 - This is a nausea medication that is only taken if you feel nauseous.
 - Pantoprazole/Omeprazole 40mg
 - This medication is to protect your stomach while you are on the Naproxen
 - Take this medication once a day while you are taking the Naproxen.

- Colace 100mg
 - This medication is for post-operative constipation.
 - You may take this medication twice daily as needed for constipation.

- **ICE MACHINE**

- Recommend using **1 hour on, 1 hour off for the first 2 days after surgery** *while awake*
- Do not place pad directly on skin – make sure there is a barrier such as a t-shirt or towel
- After the first 2 days you may use the ice machine as needed for comfort
- If you did not opt for the ice machine, you may use ice packs on the surgical area for 20-30 minutes every 1-2 hours

ACTIVITY INSTRUCTIONS

- **BRACE: 6 WEEKS**

- You will need to wear the Gunslinger brace at all times (during the day and at night).
- The brace needs to stay on while showering and getting dressed, but the brace should not get wet. You can keep it out of the water or cover it with a waterproof material such as a garbage bag.
- **We recommend that you DO NOT drive during the period of time your arm is in the sling**

WOUND CARE & BATHING

- **BANDAGE**

- You will have two adhesive bandages after surgery.
- These bandages are called Aquacel bandages and should stay in place until your first post-operative visit.
- You will have one covering the incision near the scapula and one along the iliac crest.
- Keep the incision clean and dry – do not put any alcohol, lotion, or ointment on the incisions.

- **BATHING**

- You can shower once you get home from the hospital, but your bandage needs to stay dry and covered in the shower.
- Your brace also needs to remain on while in the shower - you can keep it out of the water or cover it with a waterproof material such as a garbage bag.

- **SUTURE REMOVAL**

- Stitches will need to be removed in **10-14 days**. Please contact our office to make an appointment for this if you have not already done so.
- We prefer that you return to our office to have your sutures removed. If you live a great distance away and are unable to do so, you may have a local physician remove your sutures.
 - If you choose to do this:
 - **You must first contact that physician to confirm that they are willing and able to do so.**

- Keep an eye on your incisions for **signs of infection**:

- Excessive drainage that is soaking through your dressing, especially if it is pus-like
- Redness that is spreading out from the edges of your incision
- Fever or increased warmth around the surgical area

CONTACTING OUR OFFICE

- When to contact our office immediately:

- Fever > 101.5°F
- Excessive bleeding from incision(s)
- Signs of infection of incision(s)
- Excruciating pain for which the pain

medication is not helping

PHYSICAL THERAPY

- **You will not do any formal physical therapy until six weeks post-op. You will be given an order for this at your six week post-op office visit.**

Physical therapy can be done at the facility of your choice.