Orthopaedic Post-Operative
Physician Orders

- Vital signs per PACU routine then, q4hrs x 24hrs, then q8hrs
- Neurovascular checks to operated extremity q4hrs x 24hrs
- Diet Regular or Bland
- I & O q 8hrs x 48hrs
- Insert Foley if unable to void by 6hrs post-op. Leave in if greater than 300cc. Foley to gravity. D/C Foley POD # ______
- Hemovac-empty, record and re-activate q shift and PRN.
- Up in chair POD # 1 (Progress activity per Physical Therapist)
- Heals off bed at all times
- Elevate operated extremity
  - Abduction Pillow and Hip dislocation precautions
  - Anterior approach
  - Posterior approach
- Knee immobilizer
- Hypothermia therapy (set temp. 40° - 60° F) D/C on POD # 1
- Change Dressing POD # 1 & q day PRN
- Sequential compression stockings knee high □ (L) □ (R)
- Foot pump □ (L) □ (R)
- CPM: Start □ PACU, D POD # 1 Start at ________ Use ________ hrs/day Increase to ________° as tolerated
- Incentive Spirometer q 1 hr while awake
- See PCA Physician Order Form: D/C PCA After 2nd PT session POD # 1
- Morphine Sulfate ________ mg IV q1hr PRN Pain
- Morphine Sulfate ________ mg IM q3hr PRN Pain
- Oxycodeone / Acetaminophen 5/325mg (Percocet) 1 tab po q4hr PRN Pain
- Oxycodeone / Acetaminophen 5/325 mg (Percocet) 2 tabs PO q4hr PRN Pain
- Hydrocodone / Acetaminophen 5/500 (Vicodin) 1 tab PO q4hr PRN Pain
- Hydrocodone / Acetaminophen 5/500 (Vicodin) 2 tabs PO q4hr PRN Pain
- Zolpidem (Ambien) 5mg po qhs/PRN insomnia, may repeat in 1 hour if needed
- Cefazolin (Ancef) 1 gram IVPB q8hrs X 2 post-op Doses
- Enoxaprin (Lovenox) 30mg SQ BID start POD # 1 Teach Family/Patient to Administer Enoxaprin (Lovenox)
- PeSO4 324mg PO BID
- Docusate sodium (Colace) 108 mg PO BID
- MOM 30cc's PO QDay PRN constipation
- Dulcolax Suppository one per rectum/OD PRN constipation
- Ondansetron (Zofran) 4mg IV, q6hr PRN nausea
- Acetaminophen 650 mg. PO, q4hr PRN temperature greater than 101, or mild pain
- FVF: ________ to run at ________ cc/hr. Saline lock when tolerating PO well
  - H&H q am POD # 1 and POD # 2
- Cuff assessing if hct less than 26
- X-ray of ________________ in PACU
- Physical Therapy BID (begin POD # 1) □ WBAT □ TTWB □ _____%PWB □ NWB
- Occupational Therapy for adaptive techniques
- Anticipate D/C Home on (date) □ Anticipate D/C SNF on (date)