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## **Manipulation Under Anesthesia**

### **Kenneth J. Westerheide, M.D.**

### **(614) 545-7900**

1. **EXERCISES:** Exercises are an important part of your recovery. You should start your physical therapy the day after surgery. Your physical therapy should have been pre-arranged. If you do not have a physical therapy facility arranged, please call our office immediately so we can help arrange a therapy appointment for you.
2. **MEDICATIONS:** You will be prescribed the following medication to be used after surgery at home.
  1. **Norco (Hydrocodone):** A Narcotic pain reliever. Take 1-2 tablets every 4-6 hours as needed for pain. Do not exceed 10 tablets in a 24-hour period.

Keep in mind that the Norco will cause drowsiness and should not be used with alcohol or if driving. Taking this medication on an empty stomach can result in an upset stomach. It is common to feel the most discomfort when lying down to sleep at night, so you may find it beneficial to take the medication at bedtime. If unusual side effects occur, please discontinue the medication and contact our office. When additional refills are needed, please call our office during business hours. Ibuprofen (Motrin or Advil) can be taken alternating with the Norco or in place of it. You will want to take 600mg by mouth 3 times a day with food.

3. **INJECTION:** During your surgery a corticosteroid medication was injected into your shoulder. It is important to be aware that cortisone can elevate the blood glucose level. If you are diabetic, it is recommended you check your blood glucose level three times a day for 1 week after your procedure until your glucose levels return to baseline. If you have any questions regarding your blood glucose level and adjustment of your medication regimen during this time, please call the physician that is in charge of managing your diabetes.
4. **POST-OP APPOINTMENT:** You should call the office to schedule a post-operative appointment for 10-14 days after your surgery, if an appointment has not already been scheduled. The appointment desk can be reached at (614) 545-7900. Please make the scheduler aware that this is your first post-operative visit. At this appointment Dr. Westerheide and/or his Physician Assistant, Tom Hunt, PA-C will examine you. Activity and progression of physical therapy will be discussed at this time.
5. **QUESTIONS:** If you have any additional questions, please contact our office.