

POST-OPERATIVE INSTRUCTIONS: ARTHROSCOPIC KNEE SURGERY

1. **GENERAL:**

- Drink plenty of fluids
- Resume diet as tolerated
- Some swelling is normal after surgery
 - To reduce swelling, ELEVATE your leg on 2-3 pillows while you sleep for the first two or three nights. Elevate your leg above heart level for at least 30 minutes/3-4 times per day.
 - PLACE PILLOW UNDER CALF OR ANKLE, NEVER UNDER KNEE.
- Wear cryocuff for first 48 hours, except while exercising, then use ice as needed for pain.
- Take an over the counter stool softener/laxative to avoid constipation (e.g. senna-s, pericolace)

2. **INCISIONAL CARE:**

- May remove dressing after 72 hours. Keep incisions clean and dry.
- Do not wash incisions or apply ointment or creams.
- May place clean DRY band-aids over incisions
- If you have any Steri-strips on your incisions, do not remove
- You may shower after 3 days but do not scrub over incisions. Pat dry. NO IMMERSION OF OPERATIVE KNEE (i.e bath, hot tub, pool, etc)
- No tub baths or swimming until instructed by the doctor.

3. **ACTIVITY:**

- Exercises begin the day of surgery 3 times per day for 30 minutes, unless directed otherwise.
 - Nerve blocks may temporarily limit your ability to do exercises. Do what you are able.
 - Heel slides
 - Ankle pump
 - Straight leg raise
 - Quad sets
- You will be given instructions for weight bearing upon discharge from the hospital. Use two crutches at all times for 24 hours, until nerve block wears off, unless instructed otherwise.
 - _____ - weight bearing with brace _____.

4. **PHYSICAL THERAPY:**

- Will be discussed at your 1 week follow-up visit unless otherwise indicated.

5. **MEDICATIONS:**

- Prescription (given day of surgery):
 - Norco 5/325 mg**
 - ➔ 1 pill every 4-6 hours as needed for pain
 - Zofran 4 mg** (This medication is expensive: Only fill prescription if experiencing nausea)
 - ➔ 1 pill every 8 hours as needed for nausea/vomiting
 - Colace 100 mg** (No prescription needed)
 - ➔ 1 pill by mouth 2 times daily as needed to prevent constipation
 - Anticoagulation:**
 - ➔

- Over-the-counter:
 - Tylenol Extra Strength
 - **Norco contains Tylenol, if you are taking NORCO do not take additional Tylenol**
 - 1-2 pills every 6 hours as needed for pain
 - **** Do not exceed 4000 mg of Acetaminophen/Tylenol in 24 hrs**
 - Ibuprofen 200 mg (Motrin, Advil)
 - 2-4 pills every 8 hours as needed for pain
 - Colace 100 mg: 1 pill every 12 hours as needed for constipation
- Take pain medication with food when possible.
- Do not take Ibuprofen if taking a blood thinner such as Lovenox or Coumadin.
- Do not take Ibuprofen if you are intolerant of other NSAIDS.
- Do not take Tylenol or Ibuprofen if you have kidney or liver disease.

6. FOLLOW-UP APPOINTMENT:

- **Please make sure your post op appointment is made for 1-2 weeks after your surgery!!**
- **If not, please call (586) 773-1300 to schedule.**
- **Your post-op appointment is: _____ @ _____**
 - St Clair Shores office
 - Macomb office
 - None scheduled, please call the # above

7. ANESTHESIA:

- Some anesthesia drugs you may have received can take up to 24 hours to leave your system completely.
- For this reason, **you should not ingest any alcoholic beverages, drive a car, operate machinery, or make any important decisions for 24 hours after your surgery or while taking pain medication.**

8. EMERGENCIES:

- **If you are experiencing any of the following call our office immediately @ (586) 773-1300.**

- ➔ **Fever greater than 101.5°F**
- ➔ **Unrelenting pain**
- ➔ **Excessive redness or swelling of incisions**
- ➔ **Yellow (pus) drainage at incision sites**
- ➔ **Difficulty breathing**
- ➔ **Excessive nausea/vomiting**
- ➔ **Calf Pain – if increasing pain/swelling and after office hours, go to the ER**
- ➔ **If you have an emergency that requires immediate attention, proceed to the nearest emergency room.**