

## Post Surgery Instructions *Knee Arthroscopy*

### Diet

- Begin with clear liquids and light foods (Jello, soup, etc). Progress to your normal diet if not nauseated.

### Wound Care

- Maintain your operative dressing. You may loosen the elastic (ACE) bandage if it is too tight.
- It is normal for your knee to swell or bleed after surgery. If blood soaks onto your ACE bandage do not become alarmed. Please reinforce with additional dressings.
- Remove the ACE bandage and the gauze on your 3<sup>rd</sup> postoperative day. The small paper (steri) strips should remain on until your first post-operative appointment - we will remove them at that time. If they fall off on their own before your first appointment, do not be alarmed. If drainage is present a small dry dressing may be placed over the steri strips.
- To avoid infection, please keep your incisions clean and dry. You may shower with the steri strips on. Do not immerse your operative leg underwater (*i.e. bath, hot tub, etc.*).
- If white compression stocking were applied to your legs on the day of surgery, you may remove them before leaving the hospital or once you return home.

### Activity

- Please use crutches to assist with walking as needed. **You may weight bear as tolerated on your operative leg.** You may wean off crutches when ready.
- If this box is checked, your meniscus was repaired during surgery. This means you must be **non-weight bearing on your operative leg for 4 weeks.** While you are up with your crutches, you need to have your **brace on and locked in extension.**

### Brace

- You will not need a brace postoperatively unless the box below is checked.
- If this box is checked, your meniscus was repaired during surgery. This means when you unlock your brace for flexion, **you cannot bend your knee past 90 degrees.** You should lock your brace from 0-90 degrees. This restriction is for the first 4 weeks after surgery.

## Elevation/Ice Therapy

- Elevate the operative leg to heart level whenever possible to decrease swelling.
- Do not place pillows under knees (*i.e. do not keep the knee in a flexed or bent position*), rather place pillows under the heel to keep knee straight.
- Begin using ice immediately after surgery. Ice every 2 hours for 20 minutes daily until your first postoperative visit – remember to keep leg elevated to the level of your heart when icing.

## Exercise

- 24 hours after your surgery begin the exercises depicted at the end of this document (straight leg raise, towel exercises, heel slides, ankle pumps) unless otherwise instructed by Dr. Dekker.
- Discomfort and knee stiffness is normal for a few days after surgery – it is safe and, in fact, preferable to bend your knee (unless otherwise instructed by Dr. Dekker).
- Perform exercises 3-4 times daily until your first postoperative appointment. You should strive have full extension (straightening) and 90 degrees of flexion (bend) by your first appointment.
- Do ankle pumps continuously throughout the day to reduce the possibility of a blood clot in your calf (extremely uncommon).
- Formal physical therapy (PT) will begin after your first postoperative appointment.

## General Activity

- Avoid sitting for long periods of time (without your leg elevated) or long distance traveling for the first 2 weeks after surgery.
- No driving until instructed by Dr. Dekker.
- May return to sedentary work ONLY or school in 2-3 days after surgery, if pain is tolerable.

## Medications

- The pain medications you are given act on different pain receptors. These should be taken as directed on the bottle and starting the day of your surgery until they are gone, with one exception – Oxycodone should ONLY be taken if the other medications are not alleviating your pain.

- Primary Medications:

- 1) **Acetaminophen (Tylenol) 1,000mg**: Take (2) 500 mg tablets every 8 hours scheduled [Rx for 60 (500mg) tablets]
- 2) **Tramadol (Ultram) 50mg**: Take one tablet every 8 hours scheduled [Rx for 15 (50mg) tablets]
- 3) **Diclofenac 75mg**: Take one tablet twice a day scheduled [Rx for 30 (75mg) tablets]
  - a. Alternative: Meloxicam (Mobic) 15mg daily [Rx for 15 (15mg) tablets]
- 4) **Aspirin**: Take one tablet twice a day scheduled for blood clot prevention [Rx for 14 (81mg) tablets]

----- Take medications above as scheduled until they are gone-----

- 5) **Oxycodone 5 mg**: Take 1-2 tablets every 4 hours as needed [Rx for 10 (5mg) tablets] **Only take this medication if the other scheduled pain medications are not adequately controlling your pain.**

- Common side effects of Oxycodone include nausea, drowsiness and constipation. To reduce these side effects, take with food. If constipation occurs, consider taking an over-the-counter laxative.

## Emergencies

- Contact Dr. Dekker if any of the following are present:
  - Severe swelling in the leg and/or calf pain.
  - Unrelenting pain.
  - Fever (>101.5) or chills (fevers less than this are very common the first few days after surgery and are unlikely to indicate an infection).
  - Redness around the incision.
  - Continuous draining/bleeding from the incision (small amounts are completely normal).
  - Blue or white toes (this may indicate a lack of blood flow to the foot).
  - Difficulty Breathing.
  - Excessive nausea.

## Follow-up Care

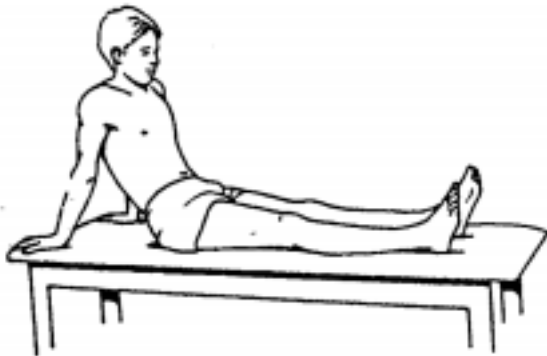
- If you do not already have a post-operative appointment schedule, please call the respective office where you intend to follow up and ask for appointment scheduling (see telephone numbers below).

## Questions or Concerns?

- Mon - Fri, 8a - 5p please contact our office:
- \*\*\*Please note: 24-hour notice is required for prescription refills.
  - **Rochester Hills: (248) 650-2400**
    - Christie Gossman (surgical coordinator): 248-659-0190
  - **Shelby Township: (586) 254-2777**
    - Dawn D'Ambrosio (surgical coordinator)
  - **Farmington Hills: (248) 865-4238**
    - Sandra Perl (surgical coordinator) direct line: (248) 865-4264
  - **River District: (810) 329-1250**
    - Cindy Stefanski (surgical coordinator)

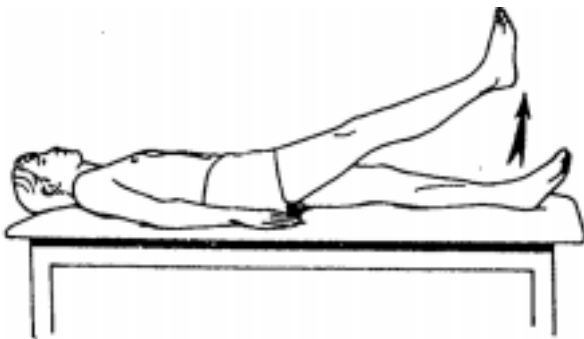
## Post-Operative Exercises

### Quad Sets



Tighten muscles on top of thigh by pushing knees down into floor or table.

### Straight Leg Raise



Tighten muscle on front of thigh then lift leg 8-10 inches from floor keeping knee locked.

### Foot Pumps



Relax leg. Gently bend and straighten ankle. Move through full range of motion. Avoid pain.

### Heel Slides



With towel around heel, gently pull knee upwards with towel until stretch is felt.

### Quad Sets in Slight Flexion



Gently tense muscle on top of thigh.