

Knee Arthroscopy Post-Operative Instructions

- **PAIN**

- Most patients require some narcotic medication after surgery. You will be given a prescription(s) with instructions for its use. *Do not take more than prescribed.* If your pain is not adequately controlled, contact the surgeon on call. Phone numbers are provided.
- Common side effects of the narcotics include nausea, vomiting, drowsiness, constipation, and difficulty urinating. If you experience constipation, use an over the counter laxative. Minimize the risk of constipation by staying well hydrated and including fiber in your diet. If you have difficulty urinating, try spending a little time out of bed on the crutches. If it is not possible for you to urinate and you become uncomfortable, it is best if you go to the Emergency Room to get catheterized.
- Contact the office if you have nausea and vomiting. This is usually caused by the anesthesia or narcotics. We will either give you a medication for nausea at time of surgery or we will call it in to a pharmacy if you experience these symptoms.
- Do not drive or make important business decisions while using narcotics.
- Anti-inflammatories (advil, naprosyn, aleve, etc) may be taken in conjunction with the pain medication to help reduce the amount of narcotics needed. Do not take extra Tylenol if the pain medication given to you already has Tylenol in it.

- **WOUND CARE**

- You may remove the Operative Dressing 2 days after surgery.
- KEEP THE INCISIONS CLEAN AND DRY.
- Apply the Op-Site bandages to the incisions. Please keep these in place until your post-op visit. Please do not use Bacitracin or other ointments under the bandage.
- An ACE wrap may be used to help control swelling. Do not wrap the ACE too tight. You may be given a stockinette to place over your wound and under the brace – this is to help alleviate sweating under the brace.
- There may be a small amount of bleeding and/or fluid leaking at the surgical site. This is normal. The knee is filled with fluid during surgery, sometimes causing leakage for 24-36 hours. You may change or reinforce the bandage as needed.
- Use Ice or the Cryocuff for 20-30 minutes every hour for the first 3-4 days, then as needed for pain relief. Do not wrap the Ace too thickly or the Cryocuff cold may not penetrate.
- There will actually be more swelling on days 1-3 than you had the day of surgery. This is normal. The swelling is decreased by using Ice or the Cryocuff. The swelling will make it more difficult to bend your knee, but once the swelling goes down, it will become easier to bend your knee.
- You may shower on Post-Op Day #3 using a water-tight plastic bag or Saran wrap over your knee. **DO NOT GET THE WOUND WET.** You may gently wash around the incision with a washcloth, then gently pat the area dry. Do not soak the knee in water. Do not go swimming in the pool or ocean until your incisions are fully closed.

- A low-grade temperature is very common within the first few days of surgery. This can often be treated with getting out of bed in a sitting or standing position, deep breathing and coughing to clear the lungs. If fevers, pain or swelling continue, please call.
- **ACTIVITY**
 - Elevate the operative leg above the level of your heart as much as possible during the first week. This will help with pain and swelling. Elevate leg with a couple of pillows placed under your ankle/foot (to keep the knee from sitting in a flexed position).
 - Weight bearing instructions and crutch use per physician (NWB= no weight on operative side, TTWB = use toe to balance but no weight on operative side, PWB = may put partial weight on operative side but use crutches, WBAT = may put as much weight on the extremity as tolerated).
 - Avoid prolonged sitting or long distance traveling for 2-3 weeks.
 - May return to sedentary work or school in 3-7 days if tolerated.
- **DIET**
 - Begin with clear fluids and light foods (jello, clear broths). Progress to a regular diet as tolerated.
- **BRACE**
 - Some procedures require a post-operative brace/immobilizer. Use as instructed.
- **ICE**
 - Use either the ice machine or ice packs every 1 hour for 20-30 minutes for the first 3 days, then as needed after that.
- **EXERCISE**
 - Begin straight leg raises, quad squeezes and heel slides if motion exercises as soon as your pain allows.
 - Move ankle up and down throughout the day to help blood flow and decrease the chance of a blood clot.
 - Do exercises 3-4 times a day until your first post-operative visit. Do exercises unless instructed to stay immobilized.
 - If therapy is needed, it will usually begin after the first post-operative visit.
- **CONCERNS/QUESTIONS**
 - If you feel unrelenting pain, notice incision redness, continuous drainage or bleeding from wounds, continued fevers greater than 101°, difficulty breathing or excessive nausea/vomiting, please call **(801) 587-7040** during regular office hours or **(801) 587-7100** (physicians' answering service) after 4:00 pm or on weekends.
 - If you have an emergency that requires immediate attention, proceed to the nearest Emergency Room.
- **FOLLOW UP APPOINTMENTS**



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- If you do not already have a follow up appointment scheduled, please call (801) 587-7109 during normal office hours and ask to schedule an appointment. I would like to see you back 10-14 days after your surgery. However, if there are any post-operative surgical concerns, please call and we will get you in sooner. I am also happy to see you at 2 weeks after surgery if you would like to come in and go over the results of the surgery at an earlier date.

- **STUDY PATIENTS**
 - We thank you for participating in clinical studies. Our intention is to improve your care and the care of future patients.
 - If you have any questions regarding the study, please call the numbers provided on the study documents or you may contact the office numbers provided below.

- **IMPORTANT NUMBERS**
 - Questions
 - During Office Hours (8:00-4:00)
 - Cassidy (Medical Assistant) 801-587-7040
 - Tiffany (Surgery Scheduling) 801-587-7187
 - Nikki Cooper (Practice Coordinator) 801-587-0989
 - Mark Beese (Athletic Training Cord) 801-587-1473
 - After Hours (Tell the hospital operator your surgeon's name and they will contact the appropriate on call physician)
 - 801-581-2121
 - Office Appointment Scheduling
 - 801-587-0989
 - Surgery Scheduling
 - Tiffany 801-587-7187
 - Physical Therapy
 - 801-587-7005
 - Toll Free
 - 1-800-824-2073
 - Dr. Maak Fax
 - 801-587-3990