

Arthroscopy Knee Surgery Post Operative Instructions

CALL YOUR SURGEON AT (815) 398-9491 IF YOU DEVELOP ANY OF THE FOLLOWING SYMPTOMS. AFTER 5PM OR ON WEEKENDS, PLEASE REMAIN ON THE LINE UNTIL A REPRESENTATIVE ANSWERS YOUR CALL.

- Temperature of 101 degrees or above
- Persistent nausea or vomiting
- Severe pain not relieved by your pain medicine
- Unexpected redness, excessive bleeding, cloudy drainage
- Coldness or paleness of the operative extremity
- Prolonged numbness, tingling that lasts more than 24 hours

Pain: You will be given a prescription for pain medication. Take the medication as needed; most patients require pain medication for only a few days. Oral medications take at least 20-30 minutes to take effect. Common side effects include upset stomach and constipation. Drinking lots of fluids and eating foods high in fiber, such as fruits and vegetables, can help. You may use over the counter stool softeners to prevent constipation.

Diet: You may advance your diet as tolerated, starting with liquids or soup. Next, try semi-solid food such as mashed potatoes, applesauce, or Jello. Slowly move to solid foods, avoiding fatty, rich, or spicy foods. Do not force yourself to eat large meals.

Nausea: Nausea and or vomiting after surgery is common and can last up to 72 hours. It is important to follow diet suggestions and take prescribed medication (antibiotics, narcotics, and or anti-inflammatories) with food. Some suggestions to help nausea include: keeping pain under control, drinking plenty of fluids, aromatherapy (avoid strong scents), and ginger candy or ginger ale. You will also be given medication to help with nausea and vomiting.

Ice/Elevation: Apply a plastic covered ice bag or ice machine to your affected extremity as much as possible for the first three days. After three days apply ice for 30 minutes 4-5 times per day or whenever you experience pain. **DO NOT USE HEAT.** Elevate the affected extremity on two pillows under the ankle, not the knee or calf, keeping the knee above the level of the heart by laying on a couch or bed. Sitting in a recliner is not considered elevation.

Activity: Weight bearing as tolerated with crutches (if needed), unless otherwise instructed. Walk as normal as possible, do not walk on your heels or toes.

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Blood Clot Prevention: To prevent blood clots, change position frequently and keep your legs active by flexing your thigh muscles and pumping/rotating your ankles 3-4 times daily. Call your doctor if you see any unusual swelling, redness, or tenderness in calves. You will also be taking medication to help prevent blood clots.

Healthy Lungs: Use your incentive spirometer as instructed by the post-operative nurse. This will help prevent pneumonia. Take deep breaths and cough throughout the day. Call 911 if sudden or persistent shortness of breath occurs.

Dressing: Dressings can be removed after 72 hours. Do not remove sutures. If you have drainage from the incision sites, you may cover them with band-aids or dry gauze and change them daily. Do not soak the surgical leg in bathtubs, hot tubs, or pools. You may shower after 72 hours (until then, sponge bath only).

Due to the anesthetic you have had today, we recommend the following:

1. Have a responsible adult drive you home and remain with you overnight.
2. Expect to be tired for the first 24 hours. Listen to your body and rest as needed.
3. Follow a light diet and drink plenty of fluids.
4. Dizziness is not an unusual side effect the first day.
5. Do not drive.

While taking prescribed pain medications:

DO NOT drive a vehicle, operate machinery, power tools, or appliances
DO NOT make personal or business decisions, or sign legal documents
DO NOT ingest alcohol, tranquilizers, or sleeping pills
DO NOT exercise, unless given special instructions

Please review your current and new medications listed on the following page. Instructions will be included if any medication should be held or discontinued and for how long.

Please call the office at **(815) 398-9491** if you need to schedule or change your follow-up appointment. **Otherwise, your next appointment is on _____ at _____.**