

Northeast Orthopaedics

& Sports Medicine

**Your first choice for exceptional
orthopaedic care**



Orthopaedic Surgery - Arthroscopic Surgery - Joint Replacement - Sports Medicine - Fracture Care

John R. Chance, M.D., David L. Fox, M.D., Jamie L. Lynch, M.D.,
Brian E. Schulze, M.D., Patrick M. Simon, M.D., Rex E. Wilcox, M.D.
Diplomates, American Board of Orthopaedic Surgery
Kelly A. Cooper, PA-C

Knee Arthroscopy Post-Operative Instruction

PLEASE CALL 210-477-5151

ASK for Melissa for any questions

Dressing

Your dressing should remain intact and dry. You may shower with the dressing off after 48 hours from the time of surgery. If your dressing becomes soiled or damp, you may remove the ace bandage and replace the dressing. Please do not remove steri-strips that are covering the incision (small pieces of tape). Removing this tape may cause your incision to separate. Please be certain to wash hands thoroughly prior to changing dressing, do not place any ointments over incisions.

Bathing

Please do not get incisions wet. Please cover dressing or incisions while bathing.

Driving

Please do not drive until you are evaluated in the office after surgery. You are considered an impaired driver following surgery, and if you choose to drive, your insurance may not cover any accidents that occur.

Crutches/Brace/Elevation of Leg

You should remain on crutches until your first follow-up visit. If you were provided a brace, please use as directed. You should keep the brace locked in the specified range. Until the anesthesia has completely worn off, please be very careful. There is a high risk that you could fall, please have assistance with you whenever you are up walking. When sitting or lying down, please keep your operative leg elevated, do not place anything directly under your knee, this may cause a slight bend in your knee and can lead to difficulty regaining full extension in your knee.

Cold Therapy/Ice

You will be sent home with a portable ice unit. Please use this ice unit during the first week after your surgery. Continuous icing will help to decrease swelling and provide pain relief. It is very important to always have protection between the ice pad and your skin. Never place the ice pad directly on your skin; this could lead to an injury to your skin. Remove the ice pad twice daily from your dressing to wipe off any condensation. If the ice machine causes increased pain, skin rash or irritation, discontinue its use and call the office.

We ask during the first week following surgery that you do the following exercises at home:

Knee and ankle surgery

Ankle pumps-pump your ankle back and forth as if you were stepping on a gas pedal. Please do this exercise 10 times an hour while awake.

Deep breathe and cough to help prevent a respiratory infection. Take 10 deep breaths every hour followed by a cough.

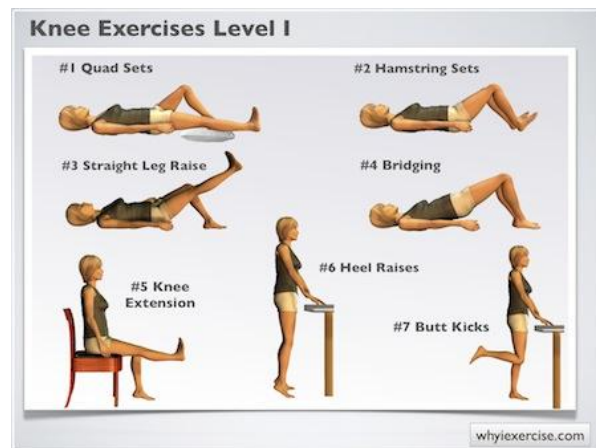
KNEE SURGERY

Prone hangs-lie on your stomach, extend your knee off the edge of your bed or couch, you will feel a stretch across the back of your knee. This will help regain your full extension in your knee. Do this exercise 2 – 3 times a day for approximately 10 minutes.

Quad sets –tighten your thigh muscles; attempt to lift your leg off the bed with your leg straight.



Prone Leg Hang



Quad Set

Post-operative Medication

- 1. ENTERIC COATED ASPIRIN 325 MG TWICE A DAY FOR 4 WEEKS to help reduce the risk of a blood clot from forming after the surgery.**
- 2. NAPROSYN 250mg 1 TABLET EVERY 12 HOURS WITH FOOD**
- 3. NORCO 10/325mg 1–2 TABLETS EVERY 4 – 6 HOURS AS NEEDED FOR PAIN**
- 4. DULCOLAX STOOL SOFTNER FOR CONSTIPATION**

Side effects of medication

Anti-inflammatory (Celebrex, Naprosyn, Ibuprofen, etc.)

You should take all medication with food to help prevent nausea. Please notify office if nausea, vomiting, rash, headaches, abdominal cramping, blood in your stool or other symptoms occur. Do not combine other anti-inflammatories or Aspirin products while taking your anti-inflammatory. You should not exceed the Aspirin dose that Dr. Terry has recommended.

Pain Medication (Vicodin, Tylenol #3, etc.)

Take after food. Notify office if nausea, vomiting, headaches, rash occur. Other side effects include; drowsiness, dizziness and constipation. **Do not take TYLENOL** or other acetaminophen products while taking pain medication such as Vicodin or Tylenol #3, both of these medications contain acetaminophen.

Signs and Symptoms of Complications

Although complications are rare the following are a list of symptoms you should be aware of.

Infection – increased pain not relieved with medication, fever, chills, redness, swelling or drainage from incision.

Blood Clot – swelling, tenderness, or pain to calf when you move your ankle up and down, shortness of breath and chest pain.

If any of the above symptoms occur, contact the office immediately.