

KNEE ARTHROSCOPY POST-OP INSTRUCTION SHEET

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1. After your surgery, if you were given a brace, one of the brace options below has been circled for you.

- You may remove it and leave it off when you get home.
- You need to leave it on until your follow up appointment.
- You only need to wear your brace while you are walking.

2. After your surgery, you will be instructed about weight bearing, one of the options below has been circled for you.

- a. You may place as much weight as you can tolerate on the leg and use crutches or a walker if needed. You may wean yourself from the crutches, as you are able to get around without a limp.

OR

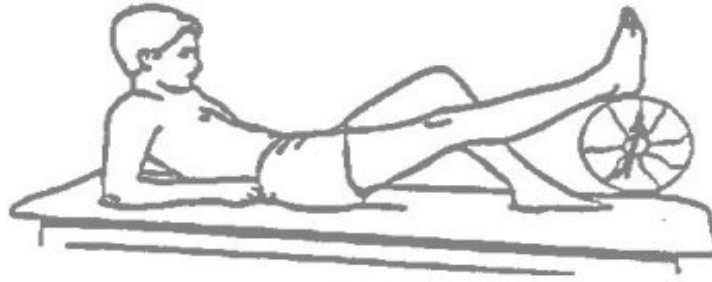
- b. You must use crutches and NOT place any weight on leg for ____ weeks.

3. The following illustrations demonstrate the very important exercises you will begin the day of surgery, they are crucial to your rehabilitation, and if you have any questions about the exercises, please ask.

Elevate your affected leg, it must be elevated above heart level, usually requiring 4 or 5 pillows under your leg. Just propping it on the couch, or recliner is not enough, and the more you can elevate and ice, the less pain and swelling you will have.



Tighten this muscles and hold for 2 seconds, twenty times, and do 2 or more sessions each day. Monitor your progress by comparing your muscle contraction to your unaffected leg, and it is wise to do these exercises for both legs.



Heel Prop

This Is The Most Important Exercise You Will Do!!

Prop your heel as shown in the photo above, and relax your leg (when you are relaxed, your leg and foot will rotate out slightly and this is good) Allow your knee to straighten as much as possible, this can also be achieved by propping your heel in a chair facing you, or on the arm of the couch, as long as nothing is beneath your leg. Do this often, getting your knee straight is most important!!!

Prop your unaffected knee up, and note how straight that knee will go, this is how you can monitor your progress, and work to get your surgical knee as straight.

4. Pain control is important! You should not wait until your pain is unbearable before taking your pain medications. Your knee will be injected with medications during the surgery in order to help with pain relief. These medications typically wear off 4-6 hours after surgery and will be associated with increasing pain at that time. This is normal.

5. All patients will receive a prescription for pain medication in the office at their pre-operative visit. Pain medicine should be taken only as directed in order to help control your pain. Occasionally pain medicines may cause nausea if taken on an empty stomach. You can help prevent nausea by making sure you eat when you take your pain medication and that you are able to sit or lay down should you begin to feel lightheaded.

6. It is important in the first few days after surgery to expect some of the side effects such as drowsiness, lightheadedness, and nausea resulting from the pain medication. You need to be as comfortable as possible, **but also understand that no amount of pain medication, ice, and rest will completely remove the pain after surgery.**

7. If you are not allergic to Ibuprofen (Motrin, Advil, Aleve, Naprosyn, etc.), you may supplement your pain medication with one of the above anti inflammatories to further facilitate pain relief and to help reduce inflammation. Because the pain prescription you were given contains a small amount of Acetaminophen, you should avoid Tylenol or any medication containing Acetaminophen while you

are on the pain prescription. Another side effect that can be easily remedied is constipation; increase your fluid intake, drink fruit juices, take an over the counter stool softener if necessary.

8. Side effects that should not be ignored-Difficulty breathing, a severe rash, extreme drowsiness, nausea that is uncontrolled with Phenergan. If your side effect is life threatening, contact 911, if it is not life threatening, contact our office for further instruction.

9. Apply ice directly over the knee bandage for 15 minutes every 1-3 hours while you are awake until your follow up appointment.

10. Leave the dressing in place over the knee for **2 days**. Afterwards remove the dressing and apply band-aids over the small incisions. If you have Steri-Strips (paper tape covering an incision) leave these in place and it is okay to shower with these in place. **Do not apply Neosporin!**

11. You may begin to shower at **2 days**. Apply clean band-aids after showering. Re-applying the ACE Bandage is **optional**. **Do NOT take a bath or get into a pool or hot tub for 2 weeks after surgery!**

12. Swelling and stiffness about the knee are expected for the first several weeks following your surgery. Continuing to ice, use anti inflammatories, and exercise will help this.

13. Please note your **post op and/or physical therapy appointment date & time**; this information will be given to you at your pre-operative visit. If you need to confirm or change the appointment time, please contact the office.

14. You should call me or my nurse, Sharon at **(336)765-1571** if you notice that your bandages are completely saturated with blood, if you have a temperature above 101 degrees, if you have pain that is not “controlled” with pain medication and ice, if your toes are cold, numb or purple, or if you have any other concerns or questions. **Some blood on the bandages is okay, however, persistent bleeding is not normal. Many patients will have an elevated temperature for the first few days after surgery. However, a temperature above 101 degrees is not normal, especially if associated with chills or severe pain. The pain medication and ice should help to “control” your pain, however, it will NOT take away all of the pain. Your foot may swell or feel cool because you are lying around without moving the leg. It should become warmer as you move around more. A purple, cold, numb foot that does not get better with movement or loosening the bandages is NOT normal.**

15. DO NOT operate heavy machinery, drive an automobile or make important decisions while under the influence of anesthesia for 24 hours after surgery or while taking pain medications. You may resume driving when you feel you can do so safely.

Comments: _____

Doctor Signature _____ Date _____

Patient Signature _____ Date _____