

Patient Name: _____

Date of Birth: _____ Date of Surgery: _____

POST-OPERATIVE INSTRUCTIONS

KNEE SURGERY

Please note that the instructions provided below are general guidelines to be followed. However, any written or verbal instructions provided by your surgeon supersede the instructions below and should be followed.

PRE-SURGERY CHECKLIST

- Fill medication prescriptions when given to you (or they will expire).
DO NOT take narcotics before surgery. They are for you to use **AFTER SURGERY**.
- If necessary, meet with representative from the device company for brace fitting and post-operative cryotherapy.
- Assure you have been given your first post-operative appointment date by the surgical scheduling team, usually 7-10 days after surgery.
- Discontinue all aspirin products at least 7 days prior to surgery.
- The hospital pre-operative staff will call on the afternoon before your surgery to tell you what time to arrive at the hospital. If you are not contacted by 5:30pm the day before surgery, please call the hospital.
- Bring your brace and cryotherapy unit (if you have one) to the hospital on the day of surgery.
- **DO NOT** eat or drink anything past midnight the night before surgery.
- **DO NOT** write anything on your operative site — this will be done by the surgeon in the pre-operative holding area on the day of surgery.

MEDICATIONS

The following list of medications have been electronically prescribed to you:

- **TYLENOL (1000 mg)** by mouth, every 8 hours for up to 7 days.
- **OXYCODONE (5 mg)** by mouth, every 6 hours as needed for pain for 5 days.
- **COLACE (100 mg)** by mouth, every 12 hours for constipation.
- **ASPIRIN (325 mg)** by mouth, every 24 hours for 6 weeks for blood clot prevention.



SURGERY DAY

- **ARRIVE 2 HOURS BEFORE** the scheduled surgery time (remember to not eat or drink anything after midnight).
- Your surgery will typically last **2 HOURS**.
- Your brace and cryotherapy (if you received them before surgery) will be put on either in the operating room or the recovery room. If you did not receive them before surgery, they will be fitted in the recovery room.
- You will stay in the recovery room **1-3 HOURS**, depending on the duration of the anesthetic.
- You will need someone to pick you up at the hospital — you **CANNOT** take public transportation home.

POST SURGERY: DAY 1

- You may shower **24 HOURS AFTER SURGERY**, but do not get the surgical incisions wet until 72 hours after surgery. At **72 hours** after surgery, remove the dressing but not the steri-strips (i.e., adhesive butterfly strips/bandages). You may not have steri-strip bandages, and this is okay. Pat dry the wounds after the shower and put Band-Aids over them. Do not use any soaps, lotions, creams or antibiotic agents on the area.
- You may gently bend your leg. You may also perform straight leg raises (while lying down, lift the leg straight in the air) and quad sets (contracting and relaxing your quadriceps).
- If you had a **PARTIAL MENISCECTOMY**, you can put as much weight as possible on your foot. If you had a **MENISCAL REPAIR**, do not put weight on your foot.
- Use your cryotherapy (cold therapy) as instructed to decrease swelling and diminish pain.

POST SURGERY: DAY 2

- Continue following the procedures outlined above.
- If you had a **PARTIAL MENISCECTOMY**, you will typically use crutches for 1-3 days following surgery. For **MENISCUS REPAIR**, you will need crutches for 4-6 weeks.
- You will have your first post-operative visit somewhere in this time period (7-10 days after surgery).
- At that visit, we will inspect your wounds and remove your stitches (if necessary). Several small sutures are snipped at the skin level (does not hurt).
- You will be given your first post-surgery prescription to start physical therapy with all of the guidelines for your therapist to follow.
- We will review your arthroscopic photos to show you what was done during your surgery.



WOUND CARE

- Maintain your surgical dressing for 3 days post-surgery.
- Remove surgical dressing on the third day after surgery.
- You can get your wound site wet in the shower on the third day after surgery.
- Avoid submerging incisions in water (i.e., baths, pools, hot tubs, etc.) for at least 6 weeks after surgery.
- It is normal for the knee to bleed and swell following surgery. If blood soaks through the bandage, do not become alarmed, reinforce with additional dressing.
- **DO NOT** remove butterfly strips (called steri-strips) from skin (if you have them).
- **DO NOT** put any creams or antibiotic ointments on the surgical incisions.

SHOWERING

- You may shower **24 HOURS AFTER SURGERY** (please do not wet incision for the first 72 hours).
- Pat the surgical incisions dry after the shower and place Band-Aids over the incision sites.

BRACE USE AND WEIGHTBEARING

“REPAIR” (ACL RECONSTRUCTION OR MENISCUS REPAIR)

- Your brace must be worn while you are sleeping or when you are in public for **6 TO 8 WEEKS**. You may remove it to shower, dress and for physical therapy. You may also remove it when you are in a controlled environment, such as sitting at a desk or couch. If you get up, you must put your brace back on.
- You can remove the brace for showering, but then put it back on afterwards.
- You will only be able to put a few pounds of weight on the operative leg immediately after surgery (i.e., foot flat weightbearing).
- You may put **25% OF YOUR WEIGHT** (i.e., 25% PWB) on the operative leg at 3 weeks after surgery.
- You may put **50% OF YOUR WEIGHT** (i.e., 50% PWB) on the operative leg at 4-5 weeks after surgery.
- You may put **100% OF YOUR WEIGHT** (i.e., Full WBAT) on the operative leg at 6-8 weeks after surgery.

“NO REPAIR” (PARTIAL MENISCECTOMY)

- You may stop using your brace about **1-3 WEEKS AFTER SURGERY**.
- You may begin actively moving your knee as soon as you are comfortable.
- You can put all your weight on the operative leg as soon as you are comfortable.

**IF YOU HAVE ANY QUESTIONS OR ISSUES WITH THE BRACE,
PLEASE CONTACT THE OFFICE AT 201.567.5700**



CONTROLLING DISCOMFORT AFTER SURGERY

- Use your cryotherapy unit as instructed to decrease swelling and diminish pain. If you do not have a cryotherapy unit, then apply ice for 20-30 minutes at a time for 3-4 times daily.
- Pain medication can be taken every 6 hours as needed.
- Do not use NSAIDs (Advil or Aleve). You can use Tylenol in combination with your pain medication.

PHYSICAL THERAPY

Your surgeon will guide your post-operative rehabilitation dependent on your procedure and will discuss with you when you can start.

DRIVING

Driving is not allowed while on narcotics or if a sling is necessary.

FOLLOW-UP CARE / QUESTIONS

- You will have your first post-operative visit 10-14 days after surgery.
- At that visit, we will inspect your wounds and remove your stitches (if necessary). Several small sutures are snipped at the skin level (does not hurt).
- We will review your x-rays (if they were taken in the recovery room) to show you what was done during your surgery.

IF YOU HAVE ANY FURTHER QUESTIONS, PLEASE CONTACT THE OFFICE AT 201.567.5700.

EMERGENCIES

CALL THE OFFICE AT 201.567.5700 IF ANY OF THE FOLLOWING ARE PRESENT:

- Painful swelling or numbness (note that some swelling and numbness is normal)
- Unrelenting pain
- Fever or chills (i.e., $\geq 100.4^{\circ}\text{F}$ — it is normal to have an elevated body temperature for the first day or two following surgery)
- Redness around incisions
- Color change in the thigh, knee, leg or foot
- Continuous drainage or bleeding from incision (a small amount of drainage is expected)
- Difficulty breathing
- Excessive nausea/vomiting
- Calf pain

IF YOU HAVE AN EMERGENCY THAT REQUIRES IMMEDIATE ATTENTION, PROCEED TO THE NEAREST EMERGENCY ROOM.