



POSTOPERATIVE INSRUCTIONS: KNEE ARTHROSCOPY

Matthew Yousif, DO

ACTIVITY:

- Use crutches at least for {As Needed Until gait control obtained} after surgery. Then you may start to weight bear on that leg and wean off crutches as tolerated by the pain. Physical therapy will help with this.
- ***Wiggle** your toes of affected limb, squeeze/fire your quadriceps muscle, and pump your foot/ankle up and down whenever you think about it. The more often, the better (pain guided).
- **Physical Therapy can start next week.**

DIET:

- Start with liquids and advance your diet as tolerated.

MEDICATIONS:

- Prescriptions given to patient: {Norco/Percocet/Tylenol#3}- pain pill. No Tylenol. Can alternate over-the-counter Motrin/Advil. For example: you can take 3-4 over-the-counter Advil with breakfast, with lunch and with dinner. Your pain medication can be taken in-between the Advil dosages. That way, you can take something every 2-3 hours, if needed for pain.
- If you are taking prescribed pain medication, you should not drive, operate machine/power tools, or drink any alcoholic beverages.
- Be aware that all pain medications **may cause nausea/stomach upset and constipation**. Try to take your pain medications with food to avoid aggravating your stomach. Over the counter stool softeners only as needed.

DRESSINGS:

- Keep your dressing clean and dry.
- Remove your dressing on your own after 48 hours.
- Steri strips stay on one week. Once bandage is removed, you may shower.
 - You **can not** soak (ex: Hot tub or bath tub).
- Re-wrap ACE around the knee to help with compression and reduce swelling.
- While you are in your initial post operative dressing, use ice **over your knee as much as possible**. Once the ace wrap/dressing comes off {in 48 hours}, use ice **at 20 min intervals on and off**. Use a thin cloth between your skin and the ice. Ice for as long as you have pain +/- swelling. It is good to ice after doing your physical therapy exercises.

SPECIAL INSTRUCTIONS:

- You may drive AFTER you are off the crutches if your RIGHT knee was the operative knee.
- You may drive when you are off pain meds and feel comfortable if your LEFT knee was the operative knee.

YOU SHOULD CALL YOUR DOCTOR FOR ANY OF THE FOLLOWING:

- Fever of 101 degree or higher.

- Redness, warmth in the leg, knee or calf.
- Foul smelling drainage from incision.
- Pain that does not lessen with pain medication as prescribed by your doctor.
- Persistent nausea or vomiting into the next day.
- Bleeding or continuous oozing that saturates the bandage that does not stop after applying pressure to the wound for 10 minutes.
- Increased swelling of toes or severe tightness of bandage not relieved with elevation of the limb above the level of your heart.
- Pale, blue or cold toe nail beds (compared to opposite leg).
- If you have not urinated within 6 hrs. after discharge.

Due to the lasting effects of anesthesia we recommend you do not make any important decisions for 24 hrs.

FOLLOW UP CARE:

- **At your post-op follow up appointment we will discuss your surgical findings.**
- Make a postop appointment at 2 weeks after surgery
- If you need to change the appointment please call:

1500 West Beaver Road, Troy, Michigan 48084 Suite 115

Office Number: (248)329-0711