

POSTOPERATIVE INSTRUCTIONS FOR DAY SURGERY – KNEE

Patient _____

1. Advance diet as tolerated – start with liquids and soft solids.
2. Take medication according to instructions on the bottle – if given antibiotics, take them until finished.
3. Elevate the leg the first night to reduce pain and swelling. An ice pack/unit may be applied for comfort.
4. Activity:
 - a) Rest the day of surgery, walking as tolerated, unless otherwise instructed.
 - b) You may bend the knee to pain tolerance.
 - c) Do not use exercise equipment unless otherwise instructed.
 - d) No excessive activity until seen by your doctor.
 - e) Specific restriction(s): _____
5. Crutches are not necessary unless specifically instructed.
6. Do not get the incisions wet until after the stitches are out.
7. Remove the dressing in 48 hours and apply a bandaid or bandage over each incision (covering the suture). Do **not** remove the suture, we will do that. If you are having home health care, the nurse will usually change the dressing. If you wish, we will change the dressing in the office at your 1st post-op visit and you may do nothing.
8. You should have a 1st follow-up appointment in approximately 5-10 days.
9. Notify your doctor of any chills, fever (greater than 101°F), excessive drainage, chest pain, or numbness in the leg lasting more than 24 hours after the procedure.
10. If home health care has been requested, they will contact you directly, IF IT HAS BEEN AUTHORIZED by your insurance.

11. Other instructions: _____

POSTSURGICAL INFORMATION - KNEE

FOLLOW-UP APPOINTMENTS

After surgery, you will be seen in the office approximately 5-10 days following the operation. Please call our office at (801) 797-8000 to set up that appointment.

MEDICATION

Following surgery you will need pain medications. For simple knee arthroscopies, antibiotics are not usually prescribed, but for reconstructive knee surgeries, antibiotics are routinely utilized. Antibiotics are preventative against infection, and will be taken for 1-2 days following the surgery. You should have your prescription medication before the day of surgery, unless specifically discussed that you will be getting it the day of surgery.

At the completion of the surgery, your knee will typically be filled with pain medication (Marcaine) that renders it "numb" for 6-12 hours following the surgery. As the knee awakens, and it will do so gradually, you should be prepared to take the pain medication to try and stay out of pain. It is very difficult to "catch up" with pain once it becomes severe; rather it is preferable to "stay ahead of the pain".

Dr. Davidson often prescribes an array of medications to control pain at the time of surgery. Some of these may not be covered by your insurance. It is recommended that you purchase these to comfortably recover from the surgery and potentially file an appeal with your insurance at a later date.

ICE

Following surgery, ice helps control both swelling and pain. It is strongly recommended that you apply ice around the dressings. Do not apply ice to skin for more than 10 minutes. You can use "ice gels" and "ice pads" without any restrictions. Keep the dressings dry.

SHOWERING

Following surgery, you may shower. However, it is recommended that you keep the knee and the surgical dressings dry. It is suggested that you place a small plastic stool or seat in the shower, sit down, and wrap the knee with saran wrap/ "press 'n seal" or a similar product. At the completion of the shower, remove the plastic, dry the area around the knee and proceed carefully.

SURGICAL SKIN CLEANSER

At the time of surgery, your leg will be sterilely cleaned with a surgical prep that contains adhesive. Some of this adhesive frequently will remain on your skin following the procedure. To remove this adhesive, it is recommended that you use nail polish remover (or acetone) as a solvent and then rinse the area carefully once the surgical adhesive soap is removed.

ACTIVITY

Following surgery you should "take it easy". Each person experiences pain and discomfort individually, and you will return to your activities gradually as pain and discomfort allows. You are discouraged from participating in any exercise or rigorous activities immediately following the surgery. The specific return to activities should be discussed with Dr. Davidson or his team.

INCISION

If you have had arthroscopic-only surgery, the dressings should come off 2-3 days following the operation. Band-aids should be placed over the portals. Do not remove the sutures. We will do that in the office. If you have an incision, typically a home nurse will change the bandages. Alternatively, the bandage may be changed in the office at the first follow-up appointment.

HOME HEALTH CARE

In most cases, home care has been requested to provide you with in-home nursing and physical therapy. This home care is designed to replace care that previously was provided in the hospital when these surgeries were done as an in-patient. The nurses will help change your bandages, monitor your vital signs, and the physical therapist will institute motion, as they have been instructed. Unfortunately, to comply with the law, there is a large amount of paperwork involved, and these home care workers are required to obtain lengthy amounts of information, which may seem redundant to you. This is, in fact, mandated by law upon them. If, at any time, you feel home care is no longer necessary, you are welcome to terminate the home care and explain such to the agency providing your care.

CRUTCHES

Usually no crutches are required following simple knee arthroscopy. Reconstructive or repair surgery typically requires crutches for 4-6 weeks. You will be instructed accordingly.

BRACES

Following ligament reconstruction surgery, a brace is usually used for 3-6 weeks. You will be given specific guidelines.

DRIVING

Resumption of driving is up to the patient. You may, of course, not drive while taking pain medication. You must feel safe to operate a vehicle and be willing to assume all the responsibilities and liabilities of driving. Following left knee surgery, most people drive, on the average, 5-10 days after surgery (with automatic transmission). Following right knee surgery (or with a manual transmission), most people drive after 1-3 weeks.

CONTACTS WITH OUR OFFICE

During business hours, if you have any problems or questions, you may contact the office staff at our main number – (801) 797-8000. **After hour's emergency only**, you may contact our answering service (at our main number) and the provider on call will respond to the answering service.

Please complete the following exercises
2-3 times per day starting the day after surgery

Heel Slides



Slide your heel toward your hip as shown. Hold 10 seconds. Repeat for 5 minutes

Full range of motion
 Limited range of motion per discharge sheet
***Do not complete if "No range of motion" is selected on your discharge sheet

Quad Sets



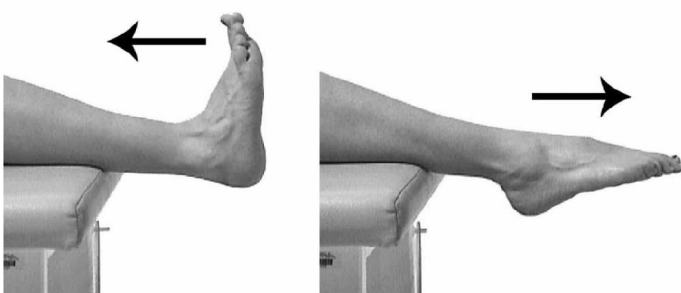
Tighten your front thigh muscle while pushing your knee down into the towel or table. Hold 5 seconds. Repeat 15 times.

Straight Leg Raises



Keeping your leg as straight as possible tighten the front thigh muscle then lift the leg 10-12 inches off the surface. Hold for 2-3 seconds and then slowly lower to the resting position. Repeat 15 times.

Ankle Pumps



Gently bend and straighten ankle. Move through full range of motion as able. Repeat 20 times.