

## **Post-Operative Instructions for Knee Surgery**

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### **PROCEDURE**

- Knee Arthroscopy
- Anterior Cruciate Ligament Reconstruction
- Posterior Cruciate Ligament Reconstructon
- Menisectomy
- Meniscal Repair
- Other \_\_\_\_\_

- Microfracture – Cartilage Injury
- Loose Body Excision
- Plica Excision
- Lateral Release
- Chondroplasty – Cartilage Wear

### **DRESSING**

- ◆ Dressing can become blood stained; this is not unusual.
- ◆ OK to change dressing if needed.
- ◆ If you feel the bleeding is excessive, call the Doctor.
- ◆ You may remove dressing in 24 hours.
- ◆ Cover with gauze or ace wrap.
- ◆ Sutures/staples will be removed in the office.

### **SHOWERING**

- ◆ It is OK to shower after 24 hours.
- ◆ Please keep wounds dry.
- ◆ Wrap with plastic wrap.
- ◆ Redress wound after shower.

### **ACTIVITY**

- ◆ Elevate operative leg above level of heart.
- ◆ Ice to operative knee 20 minutes/hour as tolerated.
- ◆ Bend and straighten leg 5-10 times per hour as tolerated.
- ◆ Rest, Ice, Elevation, Compression.

### **CALL THE DOCTOR IF YOU**

#### **EXPERIENCE**

- ◆ Persistent or abnormal bleeding.
- ◆ Fever or chills.
- ◆ Temperature greater than 101.
- ◆ Severe and uncontrolled pain or swelling.
- ◆ Abnormal wound drainage.
- ◆ Medication problems.

### **WEIGHTBEARING**

- ◆ You may bear \_\_\_\_\_ % body weight on operative leg.
- ◆ Use crutches as needed.
- ◆ If provided with knee brace, use for walking and sleeping.
- ◆ OK to remove brace while sitting.

### **MEDICATIONS**

- ◆ Percocet/Vicodin/Darvocet can make you nauseous.
- ◆ Take medications with food.
- ◆ Do NOT drive while taking pain meds.
- ◆ Call if pain is not well controlled.

### **FOLLOW-UP APPOINTMENT**

- ◆ \_\_\_\_\_ 24-48 hours
- ◆ \_\_\_\_\_ 7-10 days
- ◆ Call **949-727-3636** to schedule

### **OTHER:**

- ◆ \_\_\_\_\_.
- ◆ \_\_\_\_\_.