

HOME CARE FOLLOWING KNEE ARTHROSCOPY

GENERAL:

You will be allowed to leave the surgery center or hospital when your pain is adequately controlled, are able to keep fluids down, and can demonstrate ability to stand with your crutches.

The following instructions should help you avoid any problems in the coming days after your surgery. Please read them carefully to make your post-operative recovery as smooth as possible.

DIET:

Your diet does not have any restrictions. You should drink plenty of fluids.

DISCOMFORT:

You have been prescribed a narcotic pain medication called Percocet (Oxycodone/Acetaminophen), which can be taken every 3 to 4 hours as necessary. As well, an anti-inflammatory (Vioxx) has been prescribed, which should be taken every day until your supply is gone. If your pain is not adequately controlled with the prescriptions you have received, contact your physician. Do not take any alcoholic beverages while taking these prescription medications.

If you experience any stomach upset, skin rash, or other adverse reaction, stop taking the medications and contact your physician.

ASSISTIVE DEVICES:

You will be given crutches to assist with walking. Your knee will be wrapped with dry bandages and an ace wrap.

You will also be given an ice pack to wrap around your knee. You may recool this as necessary. Continue to use this the first 2-3 weeks following surgery to help control swelling. It also will help with pain relief. You may stop using it at your discretion.

ACTIVITY:

You will experience swelling of the limb following surgery. This is typically greatest the first several days after surgery. Keep your leg elevated above the level of your heart as much as possible the first 48-72 hours after surgery. Pillows should be placed beneath the heel and calf, **not** under your knee. This will keep your knee straight and minimize any stiffness that could otherwise develop.

Unless specifically instructed by Dr. Lervick, you may bear weight as tolerated on the leg. You may use the crutches as necessary for balance.

You should perform ankle pumps and quad sets several times each hour while you are awake. You should do this beginning the first night after surgery. Follow the physical therapy regimen that has been prescribed for you. This will be explained by your therapist. You should have already scheduled your therapy sessions in advance. If you have not, contact a therapist at the location of your choice and schedule an appointment within 4-5 days of your surgery, and take the therapy referral form with you.

The therapist will begin a simple exercise program for you. You should then perform your exercise program daily, in addition to the sessions scheduled with your therapist.

CARE OF YOUR INCISION:

You can remove the dressings and ace wrap on the **fourth** day following surgery. A small to moderate amount of drainage is typical. You will have 2 to 4 small (about ½ inch) incisions. These should be covered with band-aids.

On the **fourth** day following your surgery, you can begin to shower. Keep the incisions covered with band-aids while you shower. Do not immerse the knee under water. Replace wet band-aids with clean, dry ones after your shower. Do not apply any ointments or lotions to your incisions.

Inspect your incisions daily for increased redness, swelling, and thick or yellowish drainage. Notify your doctor if these develop.

FOLLOW-UP:

Any modifications to the above instructions will be made at that time. If you have any questions about your surgery, please call: Dr. Lervick's office at **952-456-7111**.