

**Knee Arthroscopy  
Post-operative Orders  
Dr. Allan Hunt**

1. You were under general anesthesia and received sedation. Please rest and relax the day of surgery. Be aware of possible dizziness and exercise caution when you are on your feet. **A responsible adult must be with you for the first 24 hours following surgery for safety.**
  - a. Do not drive for 24 hours after surgery or while using narcotic pain medication.
  - b. Do not operate power machinery.
  - c. No important decision-making or signing of legal documents for 24 hours.
  - d. Do not use alcoholic beverages for 24 hours or while taking narcotic medications.
  - e. If you are unable to urinate, feel uncomfortable and it has been 8-10 hours since you last urinated, go to an urgent care or an emergency room
  
2. Activity
  - a. Keep your operative leg elevated above the level of your heart for at least 48 hours after your surgery
    - i. You may get up during this time to go to the bathroom, dinner table, and to bed
    - ii. You may also put your full weight on this leg immediately after surgery- you will not do any damage
    - iii. Bend your knee several times every hour while awake within your comfort level
  - b. Continually use ice packs of some kind on your knee for the first 48 hours. This will greatly reduce the amount of swelling, pain, and stiffness
  - c. Usually you will not need crutches or a cane
  - d. After 48 hours you may increase your activity as tolerated. If your knee starts swelling significantly you will need to elevate and apply ice again
  
3. Wound care
  - a. Keep the dressing from surgery in place for the first 48 hours after your procedure
  - b. After 48 hours you may remove the tape and gauze dressing
    - i. Leave the Steri-strips over your portal sites as these will fall off by themselves
    - ii. You may now shower over your wounds- do not scrub them. Just let the water run over and pat dry with a towel
  - c. You do not need to put another dressing over your wounds as the Steri-strips will suffice

- d. The day of surgery you may get some bloody drainage on your dressing. This nothing to be concerned about. Please reinforce the dressing as needed
4. Medications
    - a. Resume all the medications you were taking before surgery
    - b. Naproxen- take one tablet twice a day with food. This is a potent anti-inflammatory that helps diminish the swelling associated with surgery
    - c. Norco- take 1-2 tablets every 4 hours as needed. This is a short-acting narcotic pain medication. Do not take Tylenol at the same time as this medication has Tylenol in it
    - d. Zofran- take 1 tablet every 6 hours as needed. This is an anti-emetic medication that can help resolve some nausea and/or vomiting associated with anesthesia and other medications you are taking.
    - e. The use of narcotic pain medications can cause constipation. We suggest you use an over-the-counter stool softener while taking the Norco.
    - f. We suggest that you take 2 baby aspirin (162mg) daily for the first 10 days after your surgery to help prevent blood clots. There is a very low risk of developing blood clots, but we still would like you to use the aspirin for prevention.
    - g. You may use these medications in any combination.
  5. Follow-up appointments
    - a. Make sure you have an appointment scheduled for within 2 weeks after your surgery with Dr. Hunt or Mr. Nick Meath. If this has not been done please call 952-456-7000 to schedule
    - b. Make sure you have an appointment scheduled with Dr. Hunt 6-8 weeks after your surgery. Call 952-456-7000 to schedule
  6. Driving
    - a. You may start driving as soon as you are off narcotic medications during the day.
    - b. We also ask that you be able to move your foot from the gas to the brake pedal in a manner needed to stop quickly. Please practice in an area with little traffic or somewhere you are familiar with before driving anywhere with higher volumes of cars.
  7. Diet
    - a. Start with something light like soup and crackers
    - b. If you are not nauseated you may start your usual diet
  8. Please call if you experience any of the following:
    - a. Fever over 101 degrees for more than 24 hours
    - b. Foul drainage, redness or warmth at the operative site
    - c. Large amounts of bleeding or drainage
    - d. Severe or uncontrolled pain

- e. Persistent nausea or vomiting
- f. Hives, rash or medication intolerance

\*\*\* Call 911 or go to the nearest Emergency Room if you experience shortness of breath, redness, warmth and extreme pain in the calf. These are signs of a blood clot.\*\*\*

Nurse \_\_\_\_\_ Responsible Adult

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