

# KNEE ARTHROSCOPY POST-OPERATIVE ORDERS

## Kyle D. Morgenstern, MD

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### ANESTHESIA PRECAUTIONS

- You received sedation today. 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.
- Do not drive for 24 hours after surgery or while using narcotic pain medication.
- Do not operate power machinery.
- No important decision-making or signing of legal documents for 24 hours.
- Do not use alcoholic beverages for 24 hours or while taking narcotic medications.
- 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.

### ACTIVITY

- Keep your operative leg elevated above the level of your heart for at least 48 hours after your surgery.
  - You may get up during this time to go to the bathroom, dinner table, and to bed
- You may put your full weight on this leg immediately after surgery- you will not do any damage
- Bend your knee several times every hour while awake within your comfort level
- Continually use ice packs of some kind on your knee for the first 48 hours. Ensure the skin is protected as numbing medication in the area can alter sensation and lead to freeze-burns. 20 minutes on, 10 minutes off. This will greatly reduce the amount of swelling, pain, and stiffness.
- Usually you will not need crutches or a cane
- 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

### WOUND CARE

- Keep the dressing from surgery in place for the first 48 hours after your procedure
- After 48 hours you may remove the tape and gauze dressing
- Leave the Steri-strips over your portal sites as these will fall off by themselves
- You may now shower over your wounds- do not scrub them. Just let the water run over and pat dry with a towel
- You do not need to put another dressing over your wounds as the Steristrips will suffice
- The day of surgery you may get some bloody drainage on your dressing. This is expected, and nothing to be concerned about. Reinforce the dressing as needed.

### MEDICATIONS

- Resume all the medications you were taking prior to surgery
- Toradol (ketorolac) – We may prescribe this medication if you are able to take NSAIDs. Take one tablet twice a day with food. This is a potent antiinflammatory that helps diminish the swelling associated with surgery

- Norco (hydrocodone-acetaminophen) - take 1-2 tablets every 4 hours as needed. This is a short-acting narcotic pain medication. Do not take Tylenol or any other medication with Tylenol in it at the same time – Norco contains Tylenol.
- Zofran (ondansetron) - 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.
- The use of narcotic pain medications can cause constipation. We suggest you use an over-the-counter stool softener while taking the Norco, such as over-the-counter Miralax powder.
- We suggest that you take 2 over-the-counter 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 this will further mitigate that risk
- You may use these medications in any combination. Attempt to wean from the Norco as you are able over the next few days.

## **FOLLOW-UP APPOINTMENTS**

- Make sure you have an appointment scheduled around 2 weeks after surgery with Dr. Morgenstern. If this has not been done, please call (763) 520-2784 to arrange follow-up
- You will also see Dr. Morgenstern 6-8 weeks after surgery. Ensure this appointment is also scheduled.

## **DRIVING**

- You may resume driving as soon as you are off of narcotic medications during the day.
- If surgery was on your right knee, 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.

## **DIET**

- Start with something light, like soup and crackers.
- If not nauseated, can resume your regular diet.

## **CALL US IF:**

- Fever over 101 degrees for more than 24 hours
- Foul-smelling drainage from operative site
- Large amounts of bleeding or drainage
- Severe or uncontrolled pain
- Persistent nausea/vomiting
- Hives, rash, or medication intolerance
- Pain or redness in the calf. If you have any shortness of breath, go directly to the nearest Urgent Care or Emergency Room (this can be a sign of a blood clot)