

Knee Arthroscopy Guidelines
(Debridement)
Postoperative Instructions
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MEDICATIONS: You were given the following medications:

PAIN:

- Oxycodone - should be taken every 4 hours as needed to control pain
- Tylenol (acetaminophen) - should be taken every 6 hours as needed for pain

INFLAMMATION:

- Naproxen (naprosyn) - should be taken twice a day for three weeks regardless of pain to help control post-operative swelling and inflammation

NAUSEA/CONSTIPATION:

- Zofran (ondansetron) - should be taken every 8 hours as needed to control nausea,
- Colace (docusate sodium) - should be taken by mouth twice a day until your first normal bowel movement. You should take this as long as you are taking narcotic pain medication.
- Miralax (polyethylene glycol)-Mix 1 capful of powder in liquid. This may be taken 1-2 times a day, morning and/or night, in liquid like apple juice, milk, water, etc. if the patient has not had a bowel movement within 24 hours. Results usually take 12-24 hours once medication is started. This is Over The Counter.

OTHER:

- Aspirin 325mg once daily for 14 days to prevent blood clots

DRESSING:

- You may shower on post op day 3 if you keep the clear plastic dressing (tegaderm on at all times). Please keep covered while showering for 7 days.
- After 7 days, you may remove your dressing shower letting the water run over the incisions and pat dry before placing gauze and tegaderm over the incisions (see post op knee dressing kit).
 - o Remove ACE bandage, replace it with white TED compression stockings.
- Do **NOT** immerse in a tub or pool for 4 weeks to avoid excessive scarring and risk of infection.
- Change the dressings every other day.
- **LEAVE THE STERI STRIPS OVER YOUR INCISIONS.** These will stay on for 1½-2 weeks and will slowly peel off. The sutures used are absorbable and will dissolve on their own.
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DURABLE MEDICAL EQUIPMENT

- o Please wear the SCD's that were provided to you in pre-op as much as possible for the first 2 weeks post surgery.
 - o Ensure the SCD's are fully charged and sleep with them at night - **DO NOT** keep plugged in at night
- o You also were provided with thigh high ted hose - white stockings - please wear for 2 weeks. You may take off for 1-2 hours per day.

Weight bearing: As tolerated

Range of Motion:

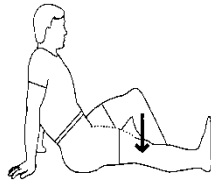
- NO RESTRICTIONS

ICING:

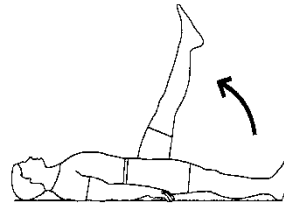
- Icing is very important to decrease swelling and pain and improve mobility. Please ice 6 times a day for 20 minutes at a time. Be sure to keep clothing or a towel between ice cuff and skin, as placing the ice directly on skin may cause a burn to the skin.

ACTIVITIES: Rest and elevate your leg for the first 24 hours, and then for the first 2 weeks whenever you are sitting around at home/school. **DO NOT PLACE A PILLOW UNDER THE KNEE.** Elevate with a pillow under your calf and ankle, being careful to place pillow so that no direct pressure is applied to the heel (foot should hang free just past where the pillow is placed under the calf).

EXERCISES: (1) Quadriceps Contractions (5-10 per hour) (2) Straight Leg Raises (5 per hour)



*Sit with leg extended.
*Tighten quad muscles on front of leg, trying to push back of knee downward.



*Lie on back with knees straight.
*Keeping back against mat, raise involved leg as high as possible while keeping both knees straight.

Contact Information:

If you are experiencing the following **symptoms**, please call our office at 720-872-4822 or reach out via My Health Connection.

If this occurs during evening and/or weekend please call 720-848-0000 and ask to speak to the orthopedic surgery resident on call. If life threatening please call 911.

- ❖ Fever (temperature of 101.5 degrees Fahrenheit or over)
- ❖ Redness or yellow/brown/green drainage from the surgical incision site
- ❖ Low back pain/muscle spasm that maybe due to the spinal/epidural anesthesia. Please apply a
- ❖ Persistent severe sharp pain not relieved by pain medication
- ❖ Persistent and increasing swelling and numbness of the hip/leg.

Post-Operative Prescription Guidelines

Should you need refills, please contact the clinic within 48 business hours (Monday-Friday 8:30am to 4:30pm). **Refills will not be authorized outside of these hours.**



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