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Patient Sticker Here

Date

## POST-OPERATIVE INSTRUCTIONS - KNEE ARTHROSCOPY

### WOUND CARE

- Operative dressing will be removed in physical therapy on POD#1.
- Apply Band-Aids to the wounds. Please do not use Bacitracin or other ointments under the bandage. An ACE wrap may be used to help control swelling. Do not wrap the ACE too tight.
- Use Ice or the Cryocuff as often as possible for the first 3-4 days, then as needed for pain relief. Do not wrap the Ace too thickly or the Cryocuff cold may not penetrate.
- You may shower on Post-Op Day #2. Gently pat the area dry. Do not soak the knee in water. Do not go swimming in the pool or ocean until your sutures are removed.

### EXERCISES

- Keep your leg elevated with a pillow under your calf, NOT under the knee
- Please perform the exercises on the attached Home Exercise Program 2-3 times daily:
  - Towel Roll Under Heel
  - Isometric Quadriceps Strengthening
  - Straight Leg Raise
  - Seated Active Assisted Range of Motion Exercises

### POST-OP

- Enclosed are two prescriptions for you to use post-operatively:
  - NAPROSYN, an anti-inflammatory medication, is to be used twice a day with breakfast and dinner, for the first ten days after surgery.  
**\*\* IF YOU HAVE AN ULCER HISTORY OR DIFFICULTY USING ANTI-INFLAMMATORIES OR ASPIRIN >> USE ONLY VICODIN**
  - VICODIN or PERCOET, a strong narcotic, is to be used only on an "as needed" basis for pain in addition to the Naprosyn.
- If you have any adverse effects with the medications, please call our office.
- If you develop a Fever (101.5), Redness or Drainage from the surgical incision site, please call our office to arrange for an evaluation.
- You may experience some low back pain due to muscle spasm from the epidural anesthesia. If so, apply heating pad to area and take an analgesic if you have not already done so.

### FOLLOW-UP

- Please call the office to schedule a follow-up appointment for your suture removal, 10-14 days post-operatively.

**IF YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO CALL OUR OFFICE.**