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POST-OPERATIVE INSTRUCTIONS

KNEE ARTHROSCOPY

DIET:

1. Begin with liquids and light foods such as Jell-O and soups.
2. Advance as tolerated to your regular diet if not nauseated.

FIRST 24 HOURS:

1. Be in the care of a responsible adult.
2. Do not drive or operate machinery.
3. Do not make important personal or business decisions, or sign any legal documents.
4. Do not drink alcoholic beverages.

ACTIVITIES:

1. Elevate the limb above hip and preferably above chest for 48 hours.
2. Short trips to the bathroom (with weight bearing unless told otherwise) are permitted.
3. Ice should be applied to the knee in a waterproof bag for 15-30 minutes each hour while awake for first 48 hours.
4. Normal walking is encouraged after 2 days. Crutches are optional.
5. Do not engage in activities that increase your pain such as stair-climbing or prolonged standing.
6. Return to work depends on your type of employment.

Exercise:

1. Begin exercises immediately for both legs and repeat hourly while awake:
 - Quad sets (tightening the thigh muscles)
 - Straight leg raises (lift and hold 12-18" off bed or floor for 8 count)
 - Vigorous ankle pumps (toes towards and away from head)
2. Your routine exercises generally can be started one week after surgery as long as you can bend the knee freely to at least 90 degrees.

Wound Care:

1. Maintain your postoperative dressing. Loosen the ACE wrap if swelling of the foot or ankle occurs.
2. Remove your surgical dressing on the second post op day. Cover the wounds with Band-Aids and re-wrap the ACE bandage until swelling of knee is gone. To maintain good circulation, do not wrap too tightly.
3. Keep the surgical incisions dry until your sutures are removed when you see your doctor. Use a plastic bag with rubber bands to cover the limb during showers. Immersing the limb in water is to be avoided.

Medications:

1. Strong oral narcotic pain medications have been prescribed for the first few days. Use only as directed. No pain medication is capable of taking away all the pain. Taking your pills at regular intervals will give you the best chance of having less pain.
2. Try to get your prescription at a pharmacy with extended hours. When you need a refill you want them to be open.
3. If you need a refill PLEASE PLAN AHEAD. Call our office during regular hours (8-12 and 1-5).
4. Do not combine with alcoholic beverages.
5. Be careful as you walk, climb stairs or drive as mild dizziness is not unusual.
6. Do not take medications that have not been prescribed by your surgeon.
7. You may switch to over the counter pain medication of your choice as you become more comfortable.

WHEN TO CALL YOUR SURGEON:

1. Significant swelling or any new numbness in the limb that was operated on
2. Unrelenting pain
3. Fever or Chills
4. Redness around incisions
5. Color change in foot or toes
6. Continuous drainage or bleeding from wounds (a small amount of drainage is expected)
7. Any other worrisome condition

WHEN TO CALL YOUR REGULAR DOCTOR:

1. Flare up of any of your regular medical conditions

WHEN TO CALL 911:

1. Chest Pain
2. Shortness of Breath
3. Any other acute serious condition

FOLLOW-UP CARE:

1. You should have an appointment with you doctor for 7-10 days after your surgery.
2. Call 303-665-0286 to make this appointment if not made at your pre op visit.

Acknowledgement:

I acknowledge that I understand these instructions and that I have no further questions.

DATE: _____

Patient

Responsible Adult Companion