

POSTOPERATIVE INFORMATION

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PATIENT STICKER

POST-OPERATIVE INSTRUCTIONS – KNEE ARTHROSCOPY

WOUND CARE

- You may remove the Operative Dressing on Post-Op Day #2. THERE ARE WHITE TAPES DIRECTLY ON THE SKIN. THESE ARE STERI-STRIPS—THESE SHOULD REMAIN ON.
- 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 cold may not penetrate.
- You may shower on Post-Op Day #2. Cover the incisions with plastic while you shower. Gently pat the area dry if it gets wet. Do not soak the knee in water. Do not go swimming in the pool or ocean until you are cleared by Dr. Gamradt to do so.
- Crutches are provided for comfort. It is safe to put weight on the leg. When you feel comfortable walking without the crutches you may do so (on average 3-5 days).

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, a strong narcotic, is to be used for pain relief as needed.
- 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.

FOLLOW-UP

- Please call the office to schedule a follow-up appointment for your wound check, 7-10 days post-operatively. Dr. Gamradt will prescribe physical therapy at this time.

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