



WHAT TO EXPECT WITH YOUR 'KNEE ARTHROSCOPY' SURGERY:

PLEASE READ THESE INSTRUCTIONS COMPLETELY AND WHEN POSSIBLE ASK FOR CLARIFICATION IF FROM YOUR NURSE OR DOCTOR BEFORE LEAVING THE HOSPITAL.

***PLEASE DO NOT EAT ANYTHING AFTER MIDNIGHT THE NIGHT PRIOR TO SURGERY.**

- **OK to drink clear fluids up to do hours prior to surgery:**

- Gatorade (recommended)
- Apple juice
- Black coffee (no creamer/or milk)
- Tea

DAY OF SURGERY:

- Prior to beginning the operation the anesthesiologist may give you a nerve block (in addition to your general anesthesia) to help decrease the post-operative pain. This pain block typically lasts 12-24 hours after surgery.
- It is important to take your oral post-operative home pain medications prior to the block wearing off. Please understand that it is normal to often experience more pain in the middle of the night or the following day, as this is the expected course of the nerve block wearing off.
- It is recommended that you "stay ahead" of the pain, and take a pain medication tablet when you get home and/or prior to going to bed.

ICE MACHINE:

- A Cryo-cuff (Ice Machine) will be placed on your knee in the operating room. For the first 1-2 weeks following surgery, keep the cuff on as much as possible. This will help reduce the swelling and minimize the pain.
- You will need to continuously change the ice water so that it remains cold.



TED HOSE STOCKING:

- These anti-embolism stockings will be placed on your leg in the operating room.
- **They will help to prevent swelling and blood clots in your leg.** Signs and symptoms of a blood clot include severe pain, redness, and swelling and hardness in the calf muscle and/or behind the knee.
- **You should wear the stockings on your leg until seen in the office for your 1st post-op visit at 2 weeks.** Can remove the stocking if needed so that you may wash them. Do not put the socks in the dryer.
- Be sure to have the socks pulled up all the way to your thigh. **DO NOT** wear them halfway down your calf, as this will cause swelling.
- **Be sure to move/rotate both ankles frequently during the day.** Pump them up and down. This will promote circulation and drainage of swelling.

POST-OP MEDICATIONS:

You will be given the following prescriptions at the pre-op visit for use after surgery:

*Please fill them out prior to surgery so they will be available to you post-op.

o Percocet 10/325 mg (narcotic): take 1-2 pills as needed every 6 hours. *The narcotics are usually needed for the first 2 weeks after surgery. After that, if pain is still an issue another non-narcotic pain medication (Tramadol) will be provided in addition to Tylenol, NSAIDs for pain control.

o Mobic 15mg (NSAID: anti-inflammatory): take 1 pill every 12 hours (first 2 weeks)

o Colace 100mg (stool softener): take 1 tab 2-3 times a day while taking the pain medications as these often make patients constipated.

o Zofran 4mg (anti-nausea): take 1 tab every 6 hours as needed for nausea (can be a side-effect after anesthesia)

***IF YOU HAVE ANY ADVERSE EFFECTS WITH THE MEDICATIONS, PLEASE CALL OUR OFFICE during clinic hours at 855-892-0919 or the After-hours nurse advice at 1-888-576-6225.**



DAY 1 - TO FIRST POST-OP VISIT:

DRESSINGS:

- **There may be some bleeding and fluid leaking from the incision site.** This is normal after this type of surgery. This may continue for 24-36 hours. You may change and/or reinforce the bandages as needed.
- **Change 4 x 4 gauze dressings every other day**, or daily if they get wet or soiled.
- **At three (3) days** from date of surgery, you may remove your dressings
- **Apply normal household band-aids** to your incisions (just enough to cover the incision itself – a lot of band-aids are NOT needed)
- **DO NOT** apply or use any ointments, betadine, peroxide, etc.

SWELLING:

- **There may be MORE swelling on days 1-3 than there is on the day of surgery.** This also is normal. The swelling will decrease with the anti-inflammatory medication, icing, wearing the stocking and keeping the leg elevated.
- **The swelling will make it more difficult to bend your knee.** As the swelling goes down your motion will become easier.
- **There may be some numbness** adjacent to the incision site. This may last for 6-12 months.
- It is also **normal to develop a low-grade fever** after surgery (up to 100.5°). This can last 2 days after surgery. If you have any concerns just let us know.
- **Keep your leg elevated to decrease swelling**, which will then in turn decrease your pain. When in bed, your leg should be straight with a pillow under the ankle, NOT under the knee.



BATHING:

- You may take a shower but it is very important that you keep your wounds completely dry for the first 7 to 10 days after surgery. To avoid getting your knee wet, wear a waterproof bag (garbage bag) in the shower. The shower bag can be very slippery on the bottom, so be careful.
- Suggestion: Cut a hole in the bottom of the shower bag so that the foot rests on the shower floor. This will help prevent slippage.
- Avoid hot tubs or the ocean for four (4) weeks from the date of surgery.

POST-OP ACTIVITY

- You can place full weight on your leg after surgery (unless specifically notified by Dr. Jazayeri)
- A brace or crutches are usually NOT needed after this type of procedure.
- You can start walking immediately after surgery. Can start post-op exercise on first day after surgery.

RANGE OF MOTION:

- Start your home exercise program the day after surgery. Progress as tolerated.
- Perform ROM exercise 3-4 times per day to straighten and bend your knee.
- Your goal is to get full extension and 90 degrees of flexion by 1 week after surgery.
- Extension is the most important motion to work on in the first 2-3 weeks after surgery

REHAB:

- **Please refer to the *MyhealthTrack* mobile application to start** your rehab process starting on the first day after surgery
- **In person Physical therapy should start approximately 2 weeks after surgery.**
- You can combine both in person physical therapy and *MyhealthTrack* to get the most out of the rehabilitation process.
- **Please confirm** that your in person physical therapy appointment is scheduled by calling 818-719-2930.



DRIVING:

- **Driving a car is usually safe by 2 weeks after surgery.**
- Before driving on the street, it may be a good idea to do a test drive in a safe area where you can test your comfort with driving.
- You must also not be taking any narcotics while driving.

REST:

- **Rest is a key element to recovery.** Please take time to rest your knee. Don't overdo it! Elevate your knee as much as possible.
- You may return to sedentary work/school in the next couple of days when you feel up to it. You will need to keep you leg elevated as much as possible.

RETURNING TO WORK:

- You may return to sedentary work/school when you feel up to it, your pain medication requirements decrease, and you can safely walk with your crutches. *Typically this is between 5 - 10 days after surgery.
- Patients who have jobs where light duty is not permitted; policemen, firemen, construction workers, laborers, will be out of work for a minimum of 6 - 12 weeks.

***IF YOU HAVE ANY ADVERSE EFFECTS WITH THE MEDICATIONS or QUESTIONS, PLEASE CALL OUR OFFICE during clinic hours at 855-892-0919 or the After-hours nurse advice at 1-888-576-6225.**

Have a speedy recovery!

Dr. Reza Jazayeri MD & Staff
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