

POSTOPERATIVE INFORMATION

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Keck Medicine
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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. Petrigliano 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. Petrigliano will prescribe physical therapy at this time.

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