



## Knee Arthroscopy Post-Operative Instructions

### PRESCRIPTION MEDICATIONS

#### Colace (Docusate Sodium):

- This medication is to help with constipation, a common side effect after taking narcotic pain medications (like Norco) and general anesthesia.
- Take 1 pill in the morning and 1 in the evening to prevent constipation.
- It is normal to take several days to make a bowel movement after surgery
- Drink plenty of clear liquids as the anesthesia can cause dehydration/constipation as well.

#### Hydrocodone/Acetaminophen (Vicodin):

- This is a narcotic medication for pain.
- This medication is to be taken **AS NEEDED**.
- Plan to stay on a scheduled dose of 1-2 tablets every 4-6 hrs for the first 1-3 days.
  - After 1-3 days you should be able to space out or discontinue the medication and transition to Acetaminophen (Tylenol).
  - DO NOT exceed 4,000 mg of Acetaminophen in a 24 hour period.
- Do not drive, drink alcohol, or take Acetaminophen (Tylenol) WHILE taking this medication.

#### Scopolamine patch:

- For some patients, the anesthesia team will put on a scopolamine patch behind your ear to prevent nausea.
- You can leave this in place for 72 hours.
- When you take it off, your hands thoroughly or it can make your vision blurry.

#### Zofran (Ondansetron):

- This is an anti-nausea medication.
- It is a dissolving tablet- place it on your tongue, allow it to dissolve, and swallow.
- Take 1 tablet as needed every 4-6 hours for the first 2 days after surgery.

### WOUND CARE

- Leave the bulky surgical bandage on and DO NOT shower for 48 hours.
- After 48 hours, remove bandages and gauze, but LEAVE STERI-STRIPS (white tape) IN PLACE.
  - You may shower at this point.
  - Cover incision sites with waterproof bandage prior to getting into the shower.
    - Should the incisions accidentally get wet, pat them dry with a clean towel. DO NOT SCRUB.
- It is normal to see a lot of blood-tinged soaked fluid on the bandages.
  - This may appear to be a pinkish-yellow fluid and is normal.
- In between showers, leave the incision sites open to air
  - DO NOT APPLY LOTIONS OR OINTMENTS TO THE INCISION SITES
- Your stitches will be removed at your first post op visit.
  - You may shower at this point without waterproof bandages over the incision sites.



- DO NOT scrub the incision sites- you may let soap and water run down the incisions and pat dry with a towel once you're done.
- DO NOT soak in any pool/bath water until 4 weeks after surgery.

### **PHYSICAL THERAPY**

- Physical therapy should start between 1 and 3 days postop.
- Choose a physical therapy clinic close to your home so you can be compliant with your program.
- Please bring your prescription for therapy and physical therapy protocol (provided on surgery day and also on the website) to your first appointment.
- At your first physical therapy visit, your therapist should instruct you regarding your gait (walking pattern) with crutches.

### **WEIGHTBEARING**

- You may bear weight as tolerated onto your operative extremity.
  - This means that you may put as much weight onto your operative extremity as you can tolerate the pain, unless otherwise instructed by the surgical team.
  - Allow pain to be your guide
    - If a certain percentage of weight put onto the extremity is painful, decrease the amount until you can tolerate it. If you do not have pain, feel free to put your your full weight onto the extremity.

### **CRUTCHES**

- You will be provided with crutches on the day of your surgery.
- You may use the crutches as needed.
- You should not need the crutches for more than a few days if you are weightbearing as tolerated.
  - If you are non-weight bearing or partially weight bearing, then you will be using the crutches for approximately 6-8 weeks.

### **FOLLOW UP**

- You will need to follow up in clinic with the Dr. Wuerz in 2-3 weeks.
- A new physical therapy prescription will be given to you at that time.
- Please call central scheduling to make an appointment (contact information below).

### **WHEN SHOULD YOU CONTACT THE OFFICE?**

- If you have a fever >100.4 degrees F.
  - A low grade temperature (even up to 100 degrees) is expected after surgery, but let us know if it gets this high!
- If you develop chills or sweats.
- If you have pus, significant pain, or redness surrounding the incision sites.
- If you are unable to urinate >1-2 days after surgery.

### **IMPORTANT CONTACT INFORMATION**

Office: (617) 754-5360

Office Fax Number: (617) 754-5938