

# 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 #3. THERE ARE WHITE TAPES DIRECTLY ON THE SKIN. THESE ARE STERI-STRIPS—THESE SHOULD REMAIN ON.
- 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 as often as possible for the first 3-4 days, then as needed for pain relief.
- You may shower on Post-Op Day #3. 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. Wong 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 the following prescriptions for you to use post-operatively:
  - Norco, a strong narcotic, is to be used for pain relief as needed.
  - Colace, a stool softener, to be used as needed.
  - Zofran, an anti-nausea medication, for use as needed.
  - Aspirin, to be taken daily for 2 weeks after surgery, to prevent blood clots.  
**\*\* IF YOU HAVE AN ULCER HISTORY OR DIFFICULTY USING ANTI-INFLAMMATORIES OR ASPIRIN, DO NOT TAKE THIS MEDICATION.**
- 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 14 days post-operatively. Dr. Wong will prescribe physical therapy at this time.

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