

Dr. George Sutherland

## KNEE ARTHROSCOPY DISCHARGE INSTRUCTIONS

1. Keep dressings clean and dry.
2. You may remove the bulky outer bandage after 3 days, and cover with regular band-aids.
3. You may shower after the bulky dressing is removed, DO NOT soak under water (i.e. Pool, bathtub, ocean).
4. Apply ice to your knee for 20 minutes 3-4 times daily.
5. For the first several days rest your knee; to ease discomfort and swelling, elevate knee above the level of the heart. Sitting in a chair is not true elevation, lay flat.
6. You will begin a physical therapy program soon after surgery; make every effort to attend every day as advised. This will help ease pain, and swelling in your knee.
7. If a nerve block was used during your surgery, your post-op nurse will give you an instruction sheet on what you can expect over the next 12-24 hours.
8. You will be given a prescription for pain medication. Please refer to the "Medication Instruction" sheet also given to you by your post-operative nurse. Many times after the first 3 days, the prescribed medication may not be needed. If you are having mild pain, use over-the-counter Tylenol (as directed on the box), or Ibuprofen (as directed on the box).
9. Do not take any pain medication on an empty stomach. The medication may cause irritation when taken without food.
10. Take 1 aspirin (325mg) every day until your follow-up appointment.

It is normal to feel pain and fluid in your knee after surgery, but call the doctor's office at (843)705-9401 if you experience any of the following:

1. Increased redness, swelling, bleeding, or pain unrelieved by medication after 2-3 doses.
2. Fever above 101 degrees
3. Signs of infection; including pus oozing from the wound, red streaks, or foul odor.
4. Chest pain or Shortness of breath- **CALL 911**

Your post-operative appointment is scheduled for \_\_\_\_\_

At \_\_\_\_\_ o'clock in the \_\_\_\_\_ office.

## Nerve Block Instructions

### Purpose of a Nerve Block:

**If** you have received a nerve block today, this was provided to help control post-op pain. The nerve block takes away your ability to move the affected limb, feel pressure and sensation to touch, and blocks changes in temperature.

### Type of Block given:

Lower Body:          Femoral                  Popliteal                  Ankle

### Pain Control:

You will feel limited movement and sensation in the affected limb from 12-24 hours. (This is an estimate, everyone is different)

When you leave the hospital be sure to have your pain medication filled, and start taking immediately as prescribed. Do not wait for the block to wear off.

If you are having a total joint as an inpatient procedure (staying overnight), your block will have worn off before you leave the hospital.

### Activity:

#### Lower Body- Knees, Ankles, and Feet:

Keep your foot elevated and protected on pillows (do not place under the knee)

If you are allowed to walk after surgery, limit your walking for 24 hours or until full feeling has returned in your leg and foot.

**Do not allow anything hot to touch your affected limb. Your ability to sense heat has been diminished because of your nerve block.**



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## **PAIN MEDICATION LIST**

### **Primary Pain Medications given after surgery:**

**-Hydrocodone (Vicodin, Norco, or Lortab)**

**-Oxycodone (Percocet)**

Follow the instructions on the bottle for these given medications. If the medication is not easing your pain as prescribed you may take 1 pill every 4 hours or 2 pills every 6 hours. **DO NOT** take it more than this, as serious health problems may arise.

If you are not taking a blood thinner or Celebrex, You may also take 2-3 Ibuprofens (Advil or Motrin), 200mg tablets every 4 to 6 hours.

### **Side effects of Pain Medication:**

-Constipation: Take whatever works for you. There are some options below:

- Prune Juice
- Senekot
- Miralax
- Colace or Pericolace

-Nausea: If you were given a prescription for Zofran/ Phenergan, take as prescribed. If you were not given a prescription, call Sara at (843) 705-9401.

**For surgeries of larger magnitude, you may have been given Oxycontin (10mg) and Celebrex (200mg).**

-Take 1 Celebrex daily. Do not mix Ibuprofen (Advil, Motrin, ext.) if you were given Celebrex.

-If given Oxycontin, take 2 tablets daily (1 in AM, 1 in PM). Do not take more than this as it is a long lasting pain medication. You will only be given 6 pills to last 3 days. If you have pain in between these 2 doses, take the Hydrocodone or Oxycodone as prescribed above.