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Sports Medicine and Shoulder Specialist

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POST-OPERATIVE EDUCATION: KNEE ARTHROSCOPY & BONE GRAFT

WEIGHT BEARING & BRACE: This is dependent on the procedure performed:

Bone Grafting of Insufficiency Fracture (with or without Meniscectomy and/or Chondroplasty): You will use crutches after surgery. You may NOT put your weight on your operative leg. That means that you MUST use crutches or a walker EVERY TIME you walk for up to 2 weeks. We DO want you to be up and around at home as much as possible after surgery.

MOVING YOUR KNEE:

It is OK for you to start bending your knee right away (unless otherwise directed by your surgeon). At first, sit at the edge of your bed and let gravity help you bend your knee. You may use your other leg to help support your operative leg. We also recommend that you spend 30-60 minutes four times a day with your knee straight. Place a small pillow under your ankle so you really feel the stretch behind your knee. You should also elevate your foot 30 minutes four times a day to your heart level or above to help reduce swelling.

LEG EXERCISES:

You may start doing straight leg lifts right away. While lying in bed, simply keep your leg straight and lift it off of the bed. Hold it up for a count of 5. Do this 10 times, and repeat three times a day. It will be difficult at first, but don't give up, even just flexing your quad muscle without lifting your leg is helping make your leg stronger. You may start doing knee extensions at the edge of your bed as comfort allows. You should do ankle pumps throughout the day to help reduce swelling and prevent a blood clot.

ICE:

Please note that with the dressings placed during surgery, you may notice decreased benefit from the ice. Use as needed and if you notice benefit. Ice is most helpful in the first 3 days after surgery, but can help up to 2 weeks after surgery. We do not recommend that you use heat, as this can increase swelling.

If you chose to purchase a commercial ice machine, please use it according to manufacturer's recommendations.

If you chose not to purchase an ice machine, you may use a commercially available ice bag or fill a large plastic bag with ice and water. (Do not place a plastic bag directly on your skin, but place a towel on your knee in between your skin and the ice bag.) You can ice your knee 20 minutes on and 20 minutes off

throughout the day. Do not ice an area longer than 30 minutes at a time, as this can cause frost bite.

BANDAGES:

You may remove your bandages and shower three days after surgery. If you have white Steri Strips, DO NOT remove them. It is OK to get your incisions wet after the bandage is removed, but it is very important not to soak the incision underwater (no bath, pool, hot tub etc...) for 3 weeks. It is OK to wash the incisions gently with soap and gently pat dry with a towel. Do not place any lotion or other ointment on your incisions. You may cover them with Band-Aids for comfort if they catch on your clothing.

MEDICATIONS:

Narcotic pain medicine (such as Oxycontin – long-acting oxycodone, Percocet – oxycodone, Norco – hydrocodone, or Tylenol#3 - Codeine): We will prescribe a different medication if you cannot take these. Take this AS NEEDED only. Do not take additional Tylenol (also called acetaminophen) with these medicines, as they already have Tylenol in them. You may SUBSTITUTE Tylenol for a narcotic pill if you choose to. Be certain that you do not exceed the maximum Tylenol dose as noted on the Tylenol bottle.

Stool softener: Pain medicines often cause constipation. It is best to take most of this medicine with some food, as it can cause a little stomach upset.

*Please do not take NSAIDs such as Ibuprofen or Motrin, as these may slow healing of bone and tendon.

You should take Aspirin following surgery to help prevent a blood clot. Take one full-strength pill (325 mg) twice a day. If you are unable to take Aspirin, you should take another blood thinner. Discuss this immediately with your surgeon. You should also wear the compression stockings that were placed on you following surgery.

FOLLOW-UP APPOINTMENTS:

You should have a **follow-up appointment** with your surgeon in about 2 weeks. You will also have an additional visit with the Physician's Assistant within a few days of your surgery. Call (480) 964-2908 right away if you do not have an appointment already scheduled. We will check your incisions and remove any sutures at the 2-week visit. We will also answer any specific questions you may have about your surgery. You will be referred for Physical Therapy if this has not been arranged, as PT is very important after knee surgery.

CALL OUR OFFICE at (480) 964-2908 with any urgent or emergent questions or concerns that you may have, or if you develop swelling in your leg with calf pain, swelling that will not go away when you elevate your leg, a temperature above 101.4, or drainage from your incisions.

If you experience any of these symptoms: go to an **Emergency Department** close to your house: High fever (above 102.5), chest pain, difficulty breathing, fainting, or bleeding.