

POST OPERATIVE ORDERS
KNEE ARTHROSCOPY

YOU HAD A _____ KNEE ARTHROSCOPY TODAY. THE FOLLOWING INSTRUCTIONS ARE TO BE FOLLOWED FOR YOUR POST OPERATIVE PROTOCOL.

- (1) APPLY ICE TO THE KNEE 20 MINUTES AT A TIME. DO NOT APPLY DIRECTLY ON THE SKIN, BUT THROUGH THE DRESSING. YOU CAN LEAVE ICE ON IT ALMOST CONTINUOUSLY AS LONG AS IT DOES NOT TOUCH THE SKIN DURING THE FIRST 72 HOURS POST-OP.
- (2) ELEVATE YOUR KNEE SO THAT FOOT, ANKLE AND KNEE ARE ABOUT 2' ABOVE YOUR HEART. IN THIS POSITION YOU SHOULD WIGGLE YOUR TOES AND ANKLE TO PREVENT ANY BLOOD CLOTS FROM FORMING. **ICE AND ELEVATION** ARE VERY IMPORTANT.
- (3) WEIGHT BEARING TO TOLERANCE. IF YOU CAN PUT FULL WEIGHT GO AHEAD. IF NOT TOE TOUCH UNTIL YOU CAN PUT FULL WEIGHT ON IT WITHOUT PAIN. YOU WILL NOT HURT YOUR KNEE BY WALKING ON IT. THE SOONER YOU ARE WALKING THE BETTER.
- (4) DO RANGE OF MOTION EXERCISES TO YOUR FOOT, ANKLE AND KNEE ON AN HOURLY BASIS. TRYING TO SLIDE YOUR ANKLE BACK TO YOUR BUTTOCK AND TRYING TO STRAIGHTEN YOUR KNEE FULLY. BY YOUR FIRST POST-OP VISIT YOU SHOULD BE ABLE TO STRAIGHTEN YOUR KNEE FULLY AND BEND IT BACK TO 90 DEGREES AT THE LEAST. THE MORE THE BETTER.
- (5) **TAKE YOUR MEDICATIONS.** ANTIBIOTICS, PAIN MEDICATIONS AND ANTI-INFLAMMATORY MEDICATIONS AS ORDERED.
- (6) **DRINK PLENTY OF FLUIDS.** THIS WILL HELP RID YOUR BODY OF THE ANESTHETIC FROM SURGERY.
- (7) REMOVE THE DRESSING TOMORROW. SHOWER, SUDS IT UP, RINSE AND DRY COMPLETELY. CLEAN THE WOUNDS WITH ALCOHOL. APPLY NEOSPORIN, BAND AIDS AND AN ACE WRAP TO THE KNEE. DO THIS DAILY BEGINNING TOMORROW.
- (8) **NO SWIMMING, HOT TUB, JACUZZI, OR BATH TUB UNTIL DR. SEIVERT SAYS IT'S OK. YOU DON'T WANT TO GET AN INFECTION!**
- (9) CALL OUR OFFICE IF YOU EXPERIENCE ANY PROBLEMS. I AM ON CALL 24 HOURS. OUR OFFICE NUMBER IS (602)265-9900
- (10) YOUR RECHECK APPOINTMENT IS SCHEDULED FOR: _____