

## **Dr. Allen Dr. Allen Knee Arthroscopy Post-Op Instructions**

### **Dressings**

Keep your dressings in place until post-op day #3. Keep the dressings clean and dry, sponge bath or cover your leg while showering until your first dressing change. Make sure to wash your hands before touching the skin around your incision. Dressings can be removed and replaced with clean, fresh gauze, make sure to keep the wound covered until your first follow up. After your first dressing change it is ok to shower and get the wound wet. Do not soak your incisions. Let warm soapy water run over your knee, pat dry with a clean towel, and replace with fresh dressings. Use extreme caution in the shower as falls can occur, it is recommended to use a shower chair or have assistance. Do not pick at or remove any scabs. It is ok to lotion the skin surrounding the incision, but don't place any lotion or ointment directly on the wound.

### **Brace & Crutches**

Typically, you don't need a brace after your surgery. You will be given crutches to assist in ambulation. You can wean off the crutches once you are able to safely walk and bear weight on your leg.

### **Pain Control**

Pain control is a very important aspect of your recovery. It is well documented that multimodal pain control is the most effective way to manage post-operative pain. At the end of the procedure, I will inject local anesthetic into the surgical field, additionally the anesthesiologist may give you a lower extremity block. These blocks can last anywhere for a few hours to a couple days. The goal is to have little to no pain in the immediate post-operative period. You will also receive a short prescription for narcotic pain medications. This is to be used for break through pain. Combining the narcotic pain medications with Tylenol and Ibuprofen has been shown to give superior pain relief compared to the narcotic alone. The goal is to use the narcotic pain medications sparingly, and discontinue its use by 3-5 days post-op. If you are running low and will require a refill, please plan in advance, as refills on the weekend are often not

logistically possible. Ice and elevation for the first several days after your surgery will also help control your pain.

### **Nausea**

Nausea after surgery and anesthesia is not uncommon. You will receive an anti-nausea medication prescription for use at your discretion.

### **Constipation**

Narcotic pain medications can be very constipating. You will receive a stool softening medication. I recommend you take it as long as you are taking the narcotics. Make sure to drink plenty of water as well in the immediate post-operative period.

### **Physical Therapy**

You should have meet with the Physical Therapist pre-operatively to learn the exercises for your rehabilitation. Start these exercises the first day after surgery. Generally, no PT is needed post-op if you met with them pre-op to learn the exercises. If at your first post-op visit you are having weakness or difficulty regaining your motion, we may set up a few sessions of additional therapy.

### **Follow Up**

Typically, your first follow up is about 2 weeks after surgery. We will assess your wound and likely remove your sutures at this time. We will review your surgery and ensure you have upcoming therapy visits arranged if needed.