

# AHPN Glendale Orthopaedics

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## Postoperative knee instructions

### Your surgery involved the following:

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Meniscus Debridement:  | <input type="checkbox"/> Lateral                           | <input type="checkbox"/> Medial                 |
| <input type="checkbox"/> Meniscus Repair:   | <input type="checkbox"/> Lateral                           | <input type="checkbox"/> Medial                 |
| <input type="checkbox"/> Loose Body Removal   |  | <input type="checkbox"/> Microfracture / OATS   |
| <input type="checkbox"/> Chondroplasty  |  | <input type="checkbox"/> Total Knee Replacement |
| <input type="checkbox"/> Anterior Cruciate Ligament Reconstruction  |  |   |
| <input type="checkbox"/> Posterior Cruciate Ligament Reconstruction   |  |   |
| <input type="checkbox"/> Posterolateral Corner Reconstruction   |  |   |
| <input type="checkbox"/> Lateral Collateral Ligament Reconstruction   | <input type="checkbox"/> Medial Collateral Ligament Repair |   |
| <input type="checkbox"/> Patella Tendon Repair/Quad Tendon Repair   |  |   |
| <input type="checkbox"/> Medial Patellofemoral Ligament Repair / Reconstruction / Tibial Tubercle Osteotomy |  |   |
| <input type="checkbox"/> Manipulation under anesthesia  | <input type="checkbox"/> Lysis of Adhesions                |   |
| <input type="checkbox"/> Other:   |  |   |

### Brace

- You do not require a brace
- You have been placed in a knee immobilizer. This should be worn at all times, except if you are required to use a CPM machine
- You have been placed in a hinged knee brace. Your brace should be locked in full extension except when in physical therapy or when using a CPM machine (if one has been prescribed)

### Physical therapy

- Do not begin physical therapy until your first postoperative visit.
- Begin physical therapy immediately. You will be given a protocol to give to your therapist.
- Begin use of a Continuous Passive Motion (CPM) machine immediately. You will be given instructions by hospital staff as to the use of this machine.
  - Begin at 0-45° for 3-4 hours a day. Advance 5-10° per day, as tolerated, until 0-90° is reached. Continue at 0-90° for 3 days, then stop using the CPM machine
  - Special CPM parameters as outlined below:

### Activity

#### *Weight bearing:*

Use crutches to assist with walking – you are able to **bear as much weight as tolerated** on operative leg. Further discussion of the length of time crutches are necessary and brace use are included in your physical therapy instructions.

You may allow the weight of your leg to rest on the ground *only*.  
**DO NOT BEAR FULL WEIGHT ON THE OPERATIVE LEG.**

**DO NOT BEAR ANY WEIGHT ON YOUR OPERATIVE LEG**

*Ice:* Apply ice to the knee in a waterproof bag for 20-30 minutes each hour while awake.

*Elevation:* Elevate the operative leg to chest level whenever possible to decrease swelling.

*Exercises:* Instructions for post op excises are listed at the end of this document. These should be done at least four times daily.

*Pillows:* Do not place pillows under knees (i.e. do not maintain knee in a flexed or bent position), but rather place pillows under foot/ankle. This will help ensure your knee will fully straighten and not get stuck in a bent position.

*Sleeping:* Keep your leg elevated even while sleeping.

*Activities:* Do not engage in prolonged periods of standing or walking over the first 7-10 days following surgery. Avoid long periods of sitting without the leg elevated. Avoid long distance traveling for 2 weeks. Avoid sexual activity for 2 weeks.

*Driving:* NO driving while taking prescription pain medication.

### Incision care

Keep the incision clean and dry after surgery.

It is OK to shower, but keep the incision dry by wrapping the knee with a plastic bag, waterproof dressing or saran wrap.

Do NOT use *any* ointments/creams/lotions on your incisions, unless otherwise directed.

### Dressing changes

Your knee is dressed in sterile bandages, including sutures, gauze, bandages and ACE wrap.

Do not change your dressings until post-op day 3. For example, if you had surgery on Wednesday, you would change your dressings on Saturday. Change your dressings daily afterwards.

Sutures will be removed at your first post op appointment.

### **Bathing**

Showering is OK but do not get the incision wet. Do not allow the shower to directly hit the incision site.

NO baths, swimming, or soaking the incision until the incision is completely healed at about 4 weeks (6 weeks for knee replacement surgery).

When in the shower, have an old chair or stool to sit on to prevent slips or falls.

### **Medication**

*Pain medications:* Generally, a short acting narcotic drug is prescribed to you on discharge from the hospital. The specific drug varies from patient to patient.

Take this medicine only as prescribed. Narcotic medicines may make you drowsy and/or dizzy, therefore driving a car or operating machinery is NOT ALLOWED UNDER ANY CIRCUMSTANCES.

#### **Please take note of the prescription refill protocol:**

- **You MUST give your surgeon's office at least 48 hours notice for any refill**
- **Prescriptions will NOT be filled over the weekend**

*Nausea:* Hydroxyzine 25mg. Take 1 tablet every 6-8 hours as needed for nausea or vomiting.

The anesthesia or pain medications can make some individuals nauseous. If you experience moderate nausea or vomiting, take as directed. **Hydroxyzine can also be taken to help with sleep.**

*Constipation:* Colace OTC. Take 1 tablet once to twice daily as needed while taking pain medications.

The pain medications we provide can result in mild-to-moderate constipation. It is important to take a stool softener to prevent constipation.

*Deep Vein Thrombosis (DVT) Prophylaxis:* Early walking and ankle pumps.

If you are having a total knee replacement, or have had a blood clot in the past, you will be given alternate medication.

*Other:*

### **Follow-up care**

You should have an appointment with your surgeon 7-10 days after your surgery. Call 818-547-0608 to make this appointment.

### **Diet**

Begin with clear liquids and light foods (jello, soups, etc.), and progress to your normal diet if you are not nauseated.

### **SPECIAL INSTRUCTIONS**

Please follow these instructions:

### **When to call your surgeon**

Complications after knee surgery are fortunately very rare.

Call the office at 818-547-0608 if any of the following occur:

- Fever > 101.5°F, chills
- Increasing leg pain
- Increasing swelling in calf or foot
- Calf pain
- Numbness or tingling in leg or foot
- Hives, itching, rashes
- Shortness of breath or chest pain
- Vomiting that lasts more than 8 to 12 hours post op
- Drainage from incision sites that continues for more than 5 days follow surgery.

### Quad Set Exercise

- a. Tighten the muscles on top of the thigh as tightly as possible and hold.
  1. Pull your toes back.
  2. Push the back of your knee down to the floor.
  3. Try to push out and up through the heel.
- b. Pull 10 seconds, trying every second to pull even tighter.
- c. Relax 5 seconds.
- d. Repeat for 2 sets of ten times. Rest 60 seconds between sets.



### Straight Leg Raise

- a. Tighten the muscles on top of the thigh as tightly as possible and hold.
- b. Raise the entire leg holding the knee as tight as possible. Hold 5 seconds.
- c. Lower leg and rest 2 seconds.
- d. Repeat for 2 sets of 10 times.
- e. Rest 1 minute between sets.



## Flexion and Extension

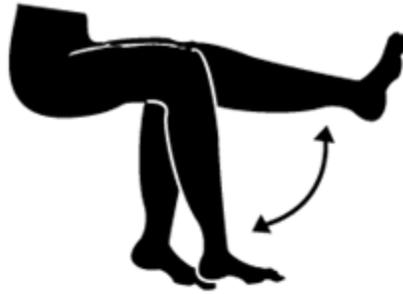
Sit on something high enough to keep foot off the floor.

Bend the knee as far back as possible.

Straighten knee as far forward as possible and hold it straight.

Then relax. (Like pumping on a swing.)

Repeat for 3 sets of 10 times.



## Calf Pumps

Pointing the Feet:- Action

(Keeping your foot strictly in line with the ankle knee and hip joints):  
Point the foot away from you.

Repeat slowly, five to 10 times each foot.

Flexing the Foot    Pointing the Foot



Flexing Feet:- Action

(Keeping your foot strictly in line with the ankle knee and hip joints):  
Flex the foot, this time letting the heel push away from you, and the toe end of the foot come toward you.

Repeat slowly, five to 10 times each foot.