



## Postoperative Instructions for Knee Surgery

### Medications/Diet

1. Eat only light, non-greasy foods today
2. Take pain medicine with food
3. While taking pain medicines, you may **not** operate a vehicle, heavy machinery, or appliances.
4. While taking pain medicines, you may **not** drink alcoholic beverages.
5. While taking pain medicines, you may **not** make critical decisions or sign legal papers.
6. If you have any reactions to your medicines, stop taking them and call my office immediately.
7. If you are not allergic, take one 325mg aspirin twice a day to help prevent blood clots.
8. Please keep in mind that constipation is a very common side effect of taking narcotic pain medication. We recommend that patients take precautions to prevent constipation.
  - Drink plenty of water (6-8 glasses of 8oz. a day)
  - Avoid alcohol, caffeine, and dairy products
  - Eat plenty of fiber (fruits, vegetables and whole grains)
  - Take an over the counter stool softener (Colace or Dulcolax)

### Activity/Exercise

1. You may bend your knee as much as the dressings will allow.
2. You may practice quadriceps muscle tightening and straight leg raises several times every hour.
3. Please continue to move your ankle up and down and tighten and relax your calf muscle several times every hour to help reduce swelling and prevent blood clots.
4. You may use your crutches for balance if you need them until your first post operative visit.
5. If comfortable, you may bear weight on your leg with the assistance of crutches.
6. The optimal position of the leg after surgery is for you to be lying flat with your ankle higher than your knee and your knee higher than the heart, in an effort to reduce swelling.
7. **It is important to continuously elevate your knee above your heart until your swelling is completely down.**
8. Please keep ice applied to the knee for the first 72 hours or as long as pain or swelling persist. Do **not** apply ice directly to skin, or allow water to leak on your dressing.

### Dressings/Shower

1. Please keep dressing dry.
2. If you have had an arthroscopy, you can expect some bloody drainage through your post-op dressing, which is normal.
3. Please reinforce your dressing with a dry sterile dressing.
4. Loosen the ace wrap around your knee if it becomes too tight or painful.
5. You may remove your dressing the third day after surgery.
6. Cover your bandage with a trash bag or saran wrap if you shower before removing the dressing.
- 7.

### Emergency/ Follow-up

1. Please notify my office at 631-981-2663 if you develop any fever (101° or above), unexpected warmth, redness or swelling in your knee. Please call if your toes becomes cold, purple, numb, or there is excessive bleeding.
2. Please call the office within 24 hours at 631-981-2663 to schedule a follow up appointment next week.

**I have read and understand the above discharge instructions.**

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Patient or responsible party

Date

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R.N.

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Physician