



SRMH Orthopedics and Sports Medicine

Phone: 540-689-5500

Dr. Muxlow's Postoperative Instructions for Knee Surgery

Medications/ Diet

1. Eat only light, non-greasy foods today.
2. Take pain medication with food.
3. _____ Do not take aspirin for one week after surgery unless you have a prior cardiac history or history of blood clots. (Discuss with surgeon or cardiologist if you have questions)
_____ Take one 325mg aspirin daily for one week unless allergic or unable to take aspirin
4. You may supplement pain medication with Ibuprofen if needed
5. While taking pain medication, you may **not** operate a vehicle, heavy machinery, or appliances.
6. While taking pain medications, you may **not** drink alcoholic beverages.
7. While taking pain medication, you may **not** make critical decisions or sign legal papers.
8. If you have any reactions to your medications, stop taking them and call the office immediately.
9. Please keep in mind that constipation is a very common side effect of taking narcotic pain medication.
 - Recommendations to prevent constipation
 - o Drink plenty of water (6-8 glasses of 8 oz. per day)
 - o Avoid alcohol, caffeine, and dairy products
 - o Eat plenty of fiber (fruits, vegetables, and whole grains)
 - o Take an over the counter stool softener (Colace or Dulcolax)

Activity/ Exercise

1. Elevate the surgical leg above the level of your heart for the next 7-10 days while sitting to help reduce swelling. **Elevate continuously for the first 24-48 hours.**
2. Keep ice applied to the knee for the first 72 hours or as long as pain or swelling persists. Do not apply ice, icebag, or cooling device directly on skin or allow water to leak on your dressing.
3. You may practice quadriceps muscle tightening and straight leg raises several times every hour.
4. Please continue to move your ankle up and down and tighten and relax your calf muscles several times every hour to help reduce swelling and prevent blood clots.

(OVER)



5. Weight Bearing

- _____ You may weight bear as tolerated on your operative leg
- _____ You are toe touch weight bearing on your operative leg
- _____ You are non-weight bearing on your operative leg

6. If your knee has a bandage and an ACE wrap only:

- _____ You may bend your knee as much as the dressing will allow.
- _____ You have been given crutches or a cane; use for security and comfort as needed.
Please discontinue their use as soon as comfortable unless instructed to use them for a longer period.

7. If your knee has an immobilizer/ brace on it:

- _____ Keep immobilizer/ brace on at all times. You may remove to shower but keep your knee straight.
- _____ Use crutches at all times
- _____ While walking/crutching, the brace should be locked in extension. When resting, you may unlock the brace and flex the knee as much as tolerated.

Dressing/ Shower

1. Keep dressing dry
2. It is common to see some bloody drainage through your dressing, which is normal.
3. Please reinforce your dressing with a dry sterile dressing as needed
4. You may remove your dressing 48 hours after surgery. At that time you may begin showering.
 - Pad incision dry after showering and cover with a dry dressing or Band-Aids.
 - Do **not** apply antiseptic ointment or medication of any kind to incisions.
 - Do **not** remove steri-strips (white tapes) on incisions.
 - **Do not swim or submerge incisions in water**
5. Loosen ACE wrap if it becomes too tight or painful or if you have excessive swelling in the foot.
(If you have a brace and the straps are too tight, you can loosen the straps as well.)

Emergency/ Follow-up

1. Please call the office at 540-689-5500 if you develop any fever (101⁰ or above), unexpected warmth, redness, or swelling in your knee. Please call if your toes become cold, purple, numb, or if there is excessive bleeding from your incisions. Your foot may become discolored when you stand. This should resolve with elevation of your leg.
2. Please call the office within 24 hours at 540-689-5500 to schedule a follow-up appointment for next week.

*** Please call office before 3pm on Friday if you do not have enough pain medication for the weekend