



# INOVA<sup>®</sup>

## Sports Medicine

Dr. Robin West  
Dr. Robert Najarian  
Dr. Brandon Bryant  
Dr. Jeffrey Giuliani

8100 Innovation Park Drive Suite 110, Fairfax, Virginia 22031  
1005 N Glebe Road, Suite 410, Arlington, Virginia 22201  
22505 Landmark Court, Suite 235, Ashburn, Virginia 20148

### Post-Operative Instructions Following Knee Surgery

#### **1. When do I come in for my first post-operative visit?**

If an appointment has not already been scheduled, please call the office the day following surgery to schedule an appointment for approximately 10-14 days after your surgery.

#### **2. What should I expect after surgery?**

After surgery, it is normal to experience some discomfort. You should have received a prescription from the nursing staff at the hospital. Please fill the prescription and use the medication regularly as directed for the first forty-eight hours and then as needed after the second day. For minor discomfort, Tylenol may be used **instead** of the prescription medication. If you are able, you may also take NSAIDs (ie. Advil, Motrin, Aleve, Ibuprofen, etc.) **with** your prescribed medication.

A low-grade temperature (99-101 degrees F) is common. Please call the office at (703) 970-6424 if your temperature is consistently elevated over 101.5 degrees.

Try to keep the surgical leg elevated for the first two days. Your knee should be elevated above your heart. This can best be done by placing pillows under your calf.

Eat a bland diet for the first day after surgery. Progress your diet as tolerated. Constipation may occur with narcotic usage. You can try taking Colace or Miralax over the counter as directed. Please contact our office if you continue to experience constipation.

Please call our office at (703) 970-6424 immediately if you experience excessive bleeding or pus like drainage at the incision site, uncontrollable pain not relieved by the pain medication, excess swelling or redness at the incision site, a fever above 101.5° not controlled with Tylenol or Motrin, shortness of breath or any foul odor or blistering from the incision site.

#### **3. What should I do if I have any paperwork I need filled out?**

If you have any type of Family Medical Leave Act (FMLA) or any other type of paperwork, you will need to either fax them to (571) 472-0452 or bring them to clinic. Please be advised that it takes 7-10 business days for all paperwork to be completed.

#### **4. What effects might I notice from the anesthesia?**

If you had general anesthesia, some fatigue and lethargy may be noticeable for a day or two. Occasionally, nausea may occur. Eating light foods will help. Resume your regular diet as the nausea resolves.

If you had a block as well, soreness in the area of injection is common. Ice to this area is helpful in reducing discomfort. Apply it for 15-30 minutes three times a day. The soreness should resolve by three to four days following the surgery. If, by that time, it has not resolved or it is getting worse, please call our office or call the hospital and ask for the anesthesia office.

## **5. What can I do to help reduce swelling and discomfort?**

Limiting your activities and resting with your knee elevated above your heart are the best methods of reducing swelling and discomfort. This will also help speed up your recovery. You may have a cool therapy device. If this is the case, the company's representative should have provided you with instructions on its proper use. If not, please call their office for assistance. If you cannot reach them, please call our office. Ice may also be used. This is equally effective and can be done by filling a plastic bag with ice cubes and placing it over your knee with a towel between the skin and the ice bag. Leave the ice in place for 15-30 minutes. This may be done every hour while awake.

With regard to your activity level, use common sense as your guide. Advance your daily activities as tolerated. No running, jumping or risky activities are permitted. Please refer to the instructions on the first page for crutches and brace restrictions. While not ambulating and sitting around, the brace can be unlocked to allow motion. Be careful while climbing and descending stairs. Painful activities are to be avoided. Initially, it is best to limit your activities to those that are necessary. This will help reduce your swelling and discomfort.

## **6. How long should I keep my knee dry and dressings in place?**

The bandage should be kept dry and in place for 48 hours. For the first 48 hours, it is best to take baths with your knee hanging out of the tub so that the dressing may remain dry. Remove and discard your dressing on the 2nd day. It is normal to see some blood on your dressings. It is also normal for you to see apparent bruising on your skin around your knee when you remove the dressing. If present, leave the steri-strip tape across your incision(s). If you are concerned about the drainage or the appearance of your knee, please contact our office.

At this point the stitches may get wet in the shower. Following your shower, pat the stitches dry and place Band-Aids over them. Do not immerse your knee in water (i.e. swimming, baths, or hot tubs) for the first 4 weeks after surgery.