

**Knee Scope Discharge Instructions**

**Medications**

A prescription for pain medicine, nausea medication and an antibiotic will be given to you before you leave the hospital. The antibiotics will be taken for 3 days unless indicated otherwise. The nausea and pain medication should be taken as directed as needed. Depending on the surgery, you may also be told to take 325mg of aspirin daily for 30 days or be given a blood thinner. Aspirin acts as a blood thinner that decreases the risk of a blood clot in the deep veins of the legs called a DVT, which can sometimes occur after surgery due to decreased activity.

You may need to take a stool softener twice daily while taking pain medicine. (ex: Colace 100 mg) Pain medicine can slow down the bowels causing constipation.

Do not drink alcoholic beverages for 24 hours. Drink plenty of fluids. Resume a regular diet by eating light foods and advance as tolerated. Drink 6-8 glasses of fluids each day.

Do not drive or operate heavy machinery for 24 hours, or while you are taking pain medication.

Effects of the nerve block will last around 12-48 hours. This may cause tingling/numbness/weakness or feeling like your leg is asleep. Effects of general anesthesia may last up to 48 hours. You may have episodes of drowsiness, nausea or dizziness. These feelings are normal.

**Wound and dressing care**

Draining from the incision(s) in the first week is normal. Keep dressing clean, dry and intact. You may cover the dressing with a plastic sack, rubber banded at the top to shower for the first 2 days. You may change the dressing on the 2nd day after surgery. Remove the outer dressing, cleanse with soap and water, pat dry with a clean towel, and cover sites with Band-Aids. Do not remove any dressing or bandage directly over the incision. Do not apply any lotions or ointment to the incision site. Shower only-do not submerge the incision sites in a hot tub, bathtub or swimming pool.

**Activity**

In most cases, you may walk on your affected leg following surgery. If you are given a nerve block, crutches will be needed for a few days until full feeling returns to your leg or you are able to lay down and actively raise your leg off the bed. Some procedures will require you to be non-weight bearing which means you cannot put any of your body weight on the affected leg. Dr. Parker or staff will discuss weight bearing status with you and/or your family following surgery.

Keep the leg elevated above the level of the heart for 48 hours.

You will be sent home with a brace following ACL reconstruction and some other knee surgeries. You should sleep in the brace until your follow-up. Only remove the brace for therapy and hygiene. Physical therapy will remove the brace for exercise. For ACL’s: the brace should be un-locked at -10 to 90 degrees for ambulation until Dr. Parker or his staff gives other instructions.

**Cryotherapy/Ice bags**

A re-circulating ice water pad may be applied to your dressing after surgery. It consists of a thin, flexible pad with a bladder inside. A tube coming from the bladder connects to a small cooler which allows ice water to circulate through it once the cooler is filled with ice water and is plugged into a wall outlet. There should always be a layer of dressing or thin towel between the pad and the skin to prevent frostbite. We recommend using the unit for the first 2 days continuously, then 6-8 hours per day afterwards. Using the cryotherapy unit will reduce swelling and pain. If the unit is not covered by your insurance, you may discuss payment arrangements with our DME representative. It is not required, but highly recommended. If you are unable to use the cryotherapy unit, use ice packs continuously for 48 hours, then as needed.

**Continuous Passive Motion Machine (CPM)**

A knee CPM may be recommended for certain knee procedures. Arrangements will be made with our DME representative for delivery and pick-up if this is needed for your surgery. The machine is designed for you to lay down and the machine moves the leg for you. We recommend using the CPM for 6-8 hours per day. The DME rep will provide specific instructions for use. The machine is very effective at improving flexibility and decreasing pain. If the machine is not covered by your insurance, you may discuss payment arrangements with our DME rep. It is not required, but highly recommended.

**Physical Therapy**

It is very important to start therapy ASAP after surgery and attend 2-3 times a week as instructed. An appointment should be made for you upon discharge and that information will be in your discharge paperwork. If the therapy facility is closed when you are discharged from the hospital, you will be given instructions to call and schedule your appointment with the physical therapist. PLEASE remember to take your therapy prescription to your first visit as it will have specific instructions on it for the physical therapist.

If you do not know who to use for PT, here are a few options in Amarillo:

* Parker Sports Medicine
* Quail Creek Physical Therapy
* BSA Outpatient PT
* Northwest Outpatient PT
* Total Physical Therapy
* If you live outside of Amarillo, please use the nearest facility to your hometown.

Do frequent foot flaps or pumps 30 times every hour while awake for the first 2 days to help increase circulation. Be sure to walk with assistance for the first few days if needed, especially after taking pain medication. Walking short distances will speed up your recovery.

**Follow up appointment**

You will have a follow-up appt 10-14 days after surgery. In most cases, this appointment was made when your surgery was scheduled. Please call 806-350-2663 to confirm appt details if needed.

**Returning to work/school**

As a general rule, we recommend taking off work at least until your follow up appointment. You will be given a note to excuse you from work/school on the day of your surgery. If you would like to return to work before your follow-up appointment, please contact our office and make arrangements.

If you are a student, it is up to the discretion, within reason, of you and your parents on how long you will be out of school. Usually, 2-3 days is typical but special considerations may be made on case-by-case basis. However, no PE or Sports until released by Dr. Parker or staff.

**Call our office or go to the Emergency Room if...**

* **You have a fever of 101 or higher, night sweats or chills.**
* **You notice red streaks radiating outwards from your incision(s).**
* **Your incision(s) get worsening redness, swelling, draining pus or severe pain.**
* **You experience shortness of breath or severe pain in your calf (signs of a blood clot)**
* **You have any questions, do not hesitate to call our office.**