

Robert Hansen, M.D.

Orthopedic Sports Medicine and Surgery Precision Medical Group

2301 S Clear Creek Rd. #204
Killeen, TX 76542
(254) 519-1313 (Telephone)
(254) 519-2019 (Fax)
www.RobertHansenMD.com

POST-OPERATIVE INSTRUCTIONS

KNEE ARTHROSCOPY

WOUND CARE

- You may remove the Operative Dressing on Post-Op Day #2.
- KEEP THE INCISIONS CLEAN AND DRY.
- Apply Band-Aids to the wounds. Change the Band-Aids daily. Please do not use Bacitracin or other ointments under the bandage.
- An ACE wrap may be used to help control swelling. Do not wrap the ACE too tight.
- Use Ice or the Cryocuff as often as possible for the first 7 days, then as needed for pain relief. Do not wrap the Ace too thickly or the Cryocuff cold may not penetrate.
- You may shower on Post-Op Day #3. Gently pat the area dry. Do not soak the knee in water. Do not go swimming in the pool or ocean until your sutures are removed.

EXERCISES

- Keep your leg elevated with a pillow under your calf, NOT under the knee
- Please perform the exercises on the attached Home Exercise Program 2-3 times daily:
- Towel Roll Under Heel
- Isometric Quadriceps Strengthening
- Straight Leg Raise
- Seated Active Assisted Range of Motion Exercises

POST-OP

- Enclosed are two prescriptions for you to use post-operatively:
- An anti-inflammatory medication, is to be used twice a day with breakfast and dinner, for the first 4 days after surgery.

**** IF YOU HAVE AN ULCER HISTORY OR DIFFICULTY USING ANTI INFLAMMATORIES OR ASPIRIN >> USE ONLY VICODIN**

- VICODIN or PERCOCET, a strong narcotic, is to be used only on an "as needed" basis for pain in addition to the anti-inflammatory medication.
- If you have any adverse effects with the medications, please call our office.
- If you develop a Fever (101.5), Redness or Drainage from the surgical incision site, please call our office to arrange for an evaluation.
- You may experience some low back pain due to muscle spasm from the epidural anesthesia. If so, apply heating pad to area and take an analgesic if you have not already done so.

FOLLOW-UP

- Please call the office to schedule a follow-up appointment 10 to 14 days post-operatively.
- **IF YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO CALL OUR OFFICE.**