

OrthoWertz

Ken Wertzberger, M.D.

Shane Alford, P.A.

Post- Operative Knee Surgery

1) Dressings: Your knee will be wrapped in an Ace wrap. We suggest that there is no hurry to changed dressing, unless you feel something is wrong, for even 5 to 7 days. Replace with sterile 4x4 dressings on the stitch/staple sites. Then you may do this every couple days as needed. Do not get the stitch sites wet, or soak them in the tub. You may take a shower by putting a large, plastic trash bag over your knee and leg to prevent it from getting wet. Report any worrisome condition immediately by calling the office. This would include excessive pain or swelling, fever, chills, or excessive drainage. Any numbness or tingling should be reported.

2) Activity: If you had **only cartilage removal (meniscectomy and no lateral release)**, you may start walking on your leg as you feel like it, to the bathroom or kitchen as usual, and bend as it feels like it. Elevate the knee above heart level the day of and the day following surgery. Crutches are not mandatory, but use them if you feel unsteady or hurtful for first few days. Begin limited exercises immediately: Quad sets (tightening up the thigh), straight leg raising, and vigorous ankle and foot movements.

If you had a **lateral release** alone or also, your operation is a little harder initially than just meniscectomy. Generally, we rest the knee a little more, just to let it simmer down. Because there is usually more swelling that can occur with this operation, a post-operative velcro splint is usually applied, and we ask you limit bending for a few days by using splint and walking "pegged". This operation creates a more favorable alignment of your kneecap in relation to the rest of your knee, and has relieved pressure off arthritic surfaces behind the kneecap. Although there are small incisions on the knee, considerable surgery has been performed underneath. We ask that you permanently remove the splint at one week, and start bending your knee. It will hurt, but not harm anything at all, so go ahead!!!!!!

For **ACL with or without meniscal repair:** Begin gentle exercising the day after surgery. Weight bearing as tolerated *unless otherwise instructed*. Wear immobilizer at all times except when doing exercises until stitches come out.

For **Isolated Meniscal Repair(stitching not removal):** Weight bearing as tolerated in immobilizer. No Range of motion (ROM) exercises for one month

3) Return to work is variable, depending upon the type of employment. Generally you should not engage in activities which prolong or increase swelling or pain in your knee for the first week after surgery.

4) Return appointment: Stitches/Staple removal no **sooner than 7 days for cartilage removal, and no sooner than 10 days for lateral release or ACL reconstruction.**

5) Diet and Medication: Start with light meals and advance to regular diet. Resume daily medications and take pain meds as prescribed. Some medications may make you drowsy, so care must be taken driving or operating machinery.

6) Ice/Cold Therapy Unit: If you have purchased a cold therapy unit, you may use it continuously with the temperature between 42-50 degrees. Please follow instructions on the cooling unit. You may use ice packs 20-25 minutes every 1-2 hours for the first 2-3 days and then slowly decrease the times thereafter for 3-5 days. To avoid frostbite, always place a barrier between the bag and your skin.

Prescriptions: _____

I HAVE READ THE INSTRUCTIONS AND UNDERSTAND THEIR MEANING

Signature of Patient or Responsible Adult: _____ Date _____