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KNEE ARTHROSCOPY POST-OP INSTRUCTIONS

1. Description of what we found and did _____
2. You may shower in 72 hours. On day 3 remove all of your bandages and after you shower dry off the sutures and apply one band-aid over each suture site. You may apply alcohol to the suture sites (alcohol only). The white stocking helps to provide compression to reduce swelling and may aid in the prevention of blood clots. Use this for the first 3-4 days or if you like the compression until your first follow up appointment.
3. Expect some swelling, discomfort, and ecchymosis (bruising). This is normal. The swelling can last from several days to several weeks depending on the type of surgery you had. Ways to lessen the amount of pain and swelling:
 - Rest.**
Use **ice** for the first 24-48 hours - apply 20 – 30 minutes, four – six times a day.
 - Compression** (White stocking)
 - Elevate the limb** above the level of the heart. (Make sure when you are laying down that you are on your back and your leg is elevated above your heart)
4. Medications *prescribed*:
 - ☐ **Oxycodone (5mg)** for pain: one to two pills every 4-6 hours as needed for pain
 - ☐ **Toradol** (ketorolac) anti-inflammatory: take as directed
 - ☐ **Zofran** for nausea: one pill every 8 hours as needed for nausea
 - Recommended:*
 - ☐ **ASA** (blood thinner), 81mg once per day for 4 weeks – there is currently no clinical data to suggest that this prevents blood clots, but it is recommended in higher risk patients – please discuss with us if you or someone in your family has a history of bleeding disorders, blood clots, cancer, active smoker, or you are taking oral contraceptives
 - ☐ **Colace** (stool softener) 1 tab twice per day while on narcotic pain meds
5. Other medications you may take for breakthrough pain:
 - ☐ Tylenol 500mg (extra strength) two tablets every 4-6 hours
 - ☐ Advil 200mg two-three tablets every 8 hours with food – **Do not take with Toradol (ketorolac) from above**
6. The pain medication may cause constipation. You were also recommended the medication **Colace**, which should help with this. Drink plenty of fluids. If you do not have a bowel movement within 5 days then drink ½ a bottle of magnesium citrate, which is sold over-the-counter at your local pharmacy.
7. Sleeping is difficult for the first few weeks. Pain tends to increase at night, this is normal.
8. Notify the office if you develop fever > 101° F, with unusual increase pain, redness, and warmth. Report any pus or unusual drainage to our office immediately.
9. Crutch instructions:
 - ☐ Discard crutches when comfortable
 - ☐ Use crutches and keep weight off leg (non-weight bearing) for _____ days or _____ weeks.
10. **Your follow up appointment date and time are: Date: _____ @ _____ am / pm**
If you cannot make this, please call 617-643-0907 to reschedule your post op office visit for 10 – 14 days from the date of surgery.
11. Other: _____