



Knee Arthroscopy Post-Operative Instructions-WBAT

Initial recovery after knee surgery entails healing, controlling swelling and discomfort and regaining some knee motion. The following instructions are intended as a guide to help you achieve these goals until your first postoperative visit which will be 2 weeks following your surgery.

Medications

The following medications have been sent to your pharmacy:

- PAIN- Hydrocodone-acetaminophen 5-325mg (Norco): Take one tablet every 4-6 hours as needed for pain.
 - Begin taking the pain medication the evening following surgery.
 - In between doses you can take 600mg ibuprofen (Advil)
 - If you continue to have pain despite alternating Norco and Ibuprofen, you may take 2 Norco every 4 hours.
- NAUSEA- Ondansetron (Zofran) 4mg every 8 hours as needed.
- BLOOD CLOT PREVENTION- Aspirin 81mg twice daily for 6 weeks.
 - Begin the morning following surgery
 - If you have a history of DVT or blood clot, contact Dr. Cancienne's office.
- CONSTIPATION- Docusate (Colace) 100mg every 12 hours as needed.

Wound Care

- Keep the dressing on, clean and dry for the first 3 days after surgery.
- After 3 days, remove the dressing and cover your incisions with waterproof bandages while you shower.
- After showering, you can either leave the wounds open to air or replace with new bandages. This is patient preference.
- Tub bathing, swimming, and soaking of the knee should be avoided until 6 weeks following surgery.
- If there are white "steri" strips over your incisions, leave these in place until your follow up visit.
- You do not need to wipe or clean the incisions. Do not apply any ointments or get the incisions wet.



Ice

We strongly recommend icing as much as possible for the first 2-3 weeks following surgery to better manage pain and swelling.

Ice/cold packs can be used 20 minutes on and 20 minutes off throughout the day.

Cold therapy units can be purchased through our DME office. These should be used as directed. You can use the compression option starting the day after surgery as tolerated by pain.

Please always be sure to have a layer between the ice pad and your skin. Check the skin regularly to ensure the cold is not causing injury to the skin.

Physical therapy and weight bearing

- You should begin PT as soon as possible following surgery. Therapy can be done at a location convenient for you.
- Please reach out to our office immediately if you are unable to schedule therapy within 3 days of surgery.
- If your surgery is Thursday or Friday, it is OK to wait until the following Monday or Tuesday to attend your first PT session.
- You may put weight on your operated leg as tolerated. You may need the assistance of a walker or crutches for the first few days but as soon as you feel comfortable to return to weight bearing you can.

Return to office

Your first post-operative visit will be about 2 weeks post-surgery. If you have not made an appointment, please call 708-492-5964.

Contact the office if any of the following occur:

- Excessive redness surrounding incisions with white or yellow drainage.
- Temperature greater than 101F
- Excessive bleeding through your dressings.

Contact information

Dr Cancienne's office

- P: 708-492-5964 F:708-409-5179



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