

Knee Arthroscopy Information - Dr. Adickes

Post-Op Medications for Home

Percocet (oxycodone/Tylenol) 5/325mg

Or

Vicodin (hydrocodone/Tylenol) 5/500mg

Take this medication for pain. Maximum frequency: every 4-6 hours. You may find that if you break a tablet in two, and take half a tablet every 2-3 hours this may be beneficial. *DO NOT exceed 4000mg of Tylenol in a 24 hour period.* Take this medication with food (even a cracker will help prevent nausea).

Zofran (ondansetron) 4mg

Zofran helps suppress nausea. Some patients feel nauseous from the surgical anesthesia or other medications. Take 1 tablet at the first sign of nausea and every 6-8 hours as needed.

Tylenol (acetaminophen)

Tylenol may be used to replace your pain medication, as your pain improves. *DO NOT exceed 4000mg of Tylenol in a 24 hour period.* Please note your pain medication contains Tylenol.

Physical Therapy

Physical Therapy (PT) begins within the first few days after surgery. You may ride a stationary bike within the first few days of surgery to improve motion in your knees. You will be instructed in a number of exercises which will help you heal properly and quickly. Some of these exercises will be part of your home exercise program (HEP). Refer to the protocol you received on the day of your surgery. Your PT prescription will be provided post-op day #1. If you or your therapist has questions, please call our staff at (713) 464-0077.

Crutches and Weight Bearing

Crutches are provided on the day of your surgery and required based upon your type of surgery. Find your surgery below for your likely weight bearing status.

1. Non- weight bearing for 6 weeks

- Meniscus repair
- Microfracture
- Tibial tubercle osteotomy

2. Toe-Touch weight bearing for 2-4 weeks

- ACL and PCL reconstruction
- MPFL reconstruction

3. Weight- bearing as tolerated (may use crutches for balance x 2 days)

- Meniscectomy (meniscus trimming)
- Lateral Release
- Plica excision

Dr. Adickes has set strict requirements for weight bearing. After the prescribed amount of time has lapsed, you may begin weaning off your crutches under the supervision of your physical therapist. Allow yourself time to make the transition gently. Please call us at the clinic with any questions or concerns at (713) 464-0077.

Equipment

Breg T-scope Knee Brace (if required for your surgery)

2-6 weeks

Constant Passive Motion Machine (if required for your surgery) 21 days

- Most insurance companies do not cover the rental of this device.
- This machine is delivered to your home and instruction provided.
- Start the CPM on post- op Day #1.
- Start the range of motion (ROM) from 0-30 degrees and progress as tolerated to 90 degrees. The goal is to build up to 6 hrs/day.
- If you are using the CPM at night, then you do not have to sleep in the booties.

Crutches (provided day of surgery)

length of use based on surgery

Dressing Changes

The original dressing should be removed approximately 24 hours after surgery. Generally, your dressing is changed in the office on post-op day #1. If you are unable to attend this appointment, please clean around the incision sites with gentle soap and water, then pat dry. Apply a new dressing over the incision site. Do this daily or as needed through out the day if the dressing becomes soiled or wet. The white steri-strips should not be removed, as they fall off about 2 weeks after surgery. If you have

stitches, they will be removed about 2 weeks after surgery at your post-op visit.

Cold/Ice Treatment

Use ice with a thin towel between the ice and your skin. Ice treatment may be done for 20 – 30 min intervals for 3-5 times per day.

Showering

You may also shower immediately after surgery so long as the dressing and incisions remain dry. The incisions can get wet in the shower 48 hours after surgery. When complete, pat the incision dry, and re-apply a clean dressing. Do not submerge your incisions under water until incisions are completely healed. This is usually 21 days after surgery.

Returning to Work or School

You may return to work or school within a few days after surgery if pain is tolerable. You must take the time to honor your commitments to physical therapy and office visits. Returning to heavy labor will be determined by your progression through physical therapy and the cartilage condition and strength.

Traveling

When flying in an airplane, do your best to move your legs and ankles while sitting. Do not cross your legs, do pump your ankles up and down, and at least every hour, do get up and use your crutches to walk down the aisle to help increase your circulation.

Follow-up Appointments

Please call immediately to make a follow up appointment with us in the office if you have immediate concerns. Let the office know that you are a post-operative patient and must be added on the schedule. If you are from other areas outside of Houston please call the office and request to schedule a follow-up appointment in 4-8 weeks. Desired appointment times for Dr. Adickes' patients are post-op Day#1, Day #15, 4 weeks, 12 weeks, and 6 months.

Risk

There are several risks to any surgery that must be taken into account.

Infection: Infection is decreased with sterile operating environment and antibiotics and careful handling of the incision sites following surgery.

DVT: (deep vein thrombosis, blood clot) Clots are decreased through instituting early motion (CPM), mechanical means (foot pumps and Ted Hose) and medication.

Pain: All surgical procedures may cause pain. Additionally, there is a potential complication of pain. Medication, ice, rest, compression, elevation, and therapies reduce pain.

Numbness: Knee arthroscopy for ACL reconstructions may cause some numbness of the upper outer portion of the shin on the operative leg after surgery, this is due to a cutaneous nerve which is close to the surgical area. This is normal and the numbness may resolve over time.

Call our office at (713) 464-0077 and/or go to an emergency room IMMEDIATELY if any of the following occur:

- A. Fever, chills, or sweats
- B. Redness and warmth around the incision(s), non-clear drainage from the incision, or increased pain in or around the incision.
- C. Calf swelling, redness, pain, or warmth
- D. Chest pain, difficulty of breathing, or cough

*** If you become hospitalized for any reason after surgery, please inform the admitting ER physician to call us at (713) 464-0077.