



**Dr. Alex Lencioni**

**Reno Orthopedic Center  
Knee Arthroscopy Patient Discharge Education**

After surgery you will be have a brace placed on the operative knee. Keep this on at all times. The brace may be "locked" to prevent motion at the joint after surgery, if the brace is "locked" please keep the brace on and "locked" at all times after surgery until directed by your surgical team.

Additionally you may have weight bearing restrictions on your operative leg depending on the surgery. If you have a weight bearing restriction you may place your foot flat on the ground for "rest" but you are **NOT** supposed to place any weight through the leg onto the foot for balance or stability. If you have a weight bearing restriction, you will be provided with crutches, and will receive instruction on crutch use. Please do not rest your body weight through the crutch in your armpit to help prevent possible pain and/or neurologic injury. Please use the hand rest/grip to help support your weight. If you have any questions please contact your physician.

Please see the detailed post-operative rehabilitation/physical therapy protocol for weight bearing and range of motion restrictions. This will guide you until you see the physical therapist within the first few days.

Keep the wounds dry for 72 hours and then you may remove the dressings and shower letting warm soapy water run across the surgical site. Do not scrub, soak or submerge the operative extremity. **DO NOT REMOVE THE STERI-STRIPS AND DO NOT SOAK THE OPERATIVE SITE UNDERWATER.**

If swelling in the joint is a major problem, contact your doctor. Common options for treatment of recurrent swelling will include the use of oral anti-inflammatory medication so that pain can be relieved and therapy can be continued. To minimize swelling and pain, use the cold therapy machine as instructed (if authorized), because this will also reduce swelling and pain. Additionally elevation of the operative extremity above the level of your heart will assist in reducing the swelling post-operatively. The first 24 hours are the most crucial. If swelling in the joint is a major problem, contact your physician's office.

If you have pain, use your pain medication as prescribed. If you develop nausea/vomiting or rash while using the medication, please call the office so your medication can be changed. To minimize swelling and pain, keep your knee elevated higher than your heart at all times while sitting, laying or sleeping for the first two days. Also use the cold therapy machine as instructed (if authorized), because this will also reduce swelling and pain.

**CRYOCUFF:** Keep cold therapy cuff on at all times for the first 24 hours after surgery. Refill with cold water every hour while awake. Icing is very important to decrease swelling and pain, and improve mobility. After 24 hours, continue to use the cuff 3-4 times a day, 15-20 minutes each time, to keep swelling to a minimum. If you do not have the cryocuff, using ice on the operative limb 20 minutes on and 20 minutes off is appropriate. Always keep something between the Cryocuff and/or Ice and your skin to prevent injury to your skin.

Use the compression wrap until it is evident that you do not need it. You will be guided by your physician or therapist. If the compression wrap/dressing is too tight it can impede blood flow. Please loosen the compression wrap if it feels “too tight”, if you are experiencing pain from the compression dressing, if your extremity is developing numbness, tingling or a “pins and needle” sensation or if your extremity is becoming cool to touch and contact your surgical team.

Do frequent ankle pumps, i.e. move ankle up and down. This will help the circulation in your leg.

**Medications:**

- Pain Control: Most patients will require some narcotic pain medication (i.e. vicodin, oxycodone, norco, hydrocodone, or other codeine-derivative) for 1-2 days after surgery – please take as instructed. It is important not to drink alcohol or drive while taking narcotic medication. If your pain is minimal, you may discontinue the use of narcotics. Ibuprofen 600-800 mg (i.e. Advil) can be taken as needed in between doses of narcotic pain medication for additional pain control.
  - o We will also provide a prescription for Tylenol to assist in pain control. Tylenol Extra Strength 1000mg. You can take this as needed for pain control every 8 hours, not to exceed more than 3000mg or 3g of Tylenol or Acetaminophen per day
    - Caution: Acetaminophen or Tylenol is often in other medications, especially cold medications.
- Nausea: Zofran will be prescribed for post operative nausea related to surgery or the pain control medications.
- Blood Clot Prevention: Unless otherwise instructed, take an aspirin 81 mg daily for 4 weeks following surgery. This may lower the risk of a blood clot developing after surgery. Should severe calf pain occur or significant swelling of calf and ankle, please call the doctor.
- Constipation: The use of narcotics can lead to constipation. Adequate hydration and over-the counter stool softeners can minimize constipation problems. You will also be given a prescription for a stool softener to assist with post operative constipation.
- Normal medications: Resume the day after surgery unless otherwise instructed.

Make sure you have an appointment with your physician's office approximately 2 weeks after surgery. This appointment should be made before surgery. If not, please make an appointment with your doctor or the nurse practitioner/physician assistant.

You should make/confirm a physical therapy appointment within approximately 3 days of surgery. Please take the rehabilitation protocol with you to the physical therapist appointment.

Your doctor may have prescribed equipment for you to use in the home for which you will have already received instructions. If you have any problems with the equipment please contact the vendor listed on the machine.

\*\*\* If you have any other questions, or If you experience severe pain that is not relieved by the pain medication, please let us know. If you experience a temperature over 101.5<sup>°</sup>, redness or swelling in your thigh or calf, please contact our office immediately at 775-786-3040, or if after hours, call and ask for the Orthopaedic Surgeon on-call.