



**Brian Grawe, M.D.**  
**University of Cincinnati**  
**Medical Center**  
**PO Box 670212**  
**Cincinnati, OH 45267**  
**513-475-8690**

**IMMEDIATE POST-OPERATIVE INSTRUCTIONS - KNEE ARTHROSCOPY W/O  
RECONSTRUCTION**

**FOLLOW-UP**

- Please call the office to schedule a follow-up appointment for your suture removal, 10-14 days post-operatively.
- At your first post-operative visit, Dr. Grawe will go over your surgery and outline your rehabilitation.

**POST-OP**

- Enclosed are three prescriptions for you to use post-operatively:
  - NAPROSYN, an anti-inflammatory medication, is to be used twice a day with breakfast and dinner, for the first ten days after surgery. \*\* IF YOU HAVE AN ULCER HISTORY OR DIFFICULTY USING ANTI-INFLAMMATORIES OR ASPIRIN >> USE ONLY VICODIN
  - Norco, a strong narcotic, is to be used only on an "as needed" basis for pain in addition to the Naprosyn.
  - Zofran can be used to counteract nausea
- If you have any adverse effects with the medications, please call our office.
- If you develop a Fever (101.5), redness or excessive drainage from the surgical incision site, please call our office
- to arrange for an evaluation.
- You may experience some low back pain due to muscle spasm from surgical positioning. If so, apply heating
- pad to area and take an analgesic if you have not already done so.

**WOUND CARE**

- You may remove the Operative Dressing on Post-Op Day #2-3.
- KEEP THE INCISIONS CLEAN AND DRY.
- Apply Band-Aids to the wounds. Change the Band-Aids daily. Please do not use Bacitracin or other ointments
- under the bandage.
- An ACE wrap may be used to help control swelling. Do not wrap the ACE too tight.
- Use Ice or the Cryocuff as often as possible for the first 3-4 days, then as needed for pain relief. Do not wrap the
- Ace too thickly or the Cryocuff cold may not penetrate.
- You may shower on Post-Op Day #2. Gently pat the area dry. Do not soak the knee in water. Do not go swimming
- in the pool or ocean until your sutures are removed.

**EXERCISES**

- Keep your leg elevated with a pillow under your calf, NOT under the knee
- Please perform the exercises on the attached Home Exercise Program 2-3 times daily:
  - Towel Roll Under Heel
  - Isometric Quadriceps Strengthening
  - Straight Leg Raise
  - Seated Active Assisted Range of Motion Exercises

**IF YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO CALL OUR OFFICE. Becca Richter @ 513-475-7932. If your problem is an emergency you must go to the hospital or call 911.**