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## **IMMEDIATE POST-OPERATIVE INSTRUCTIONS – KNEE ARTHROSCOPY WITHOUT RECONSTRUCTION**

### **FOLLOW-UP**

- Please call the office to schedule a follow-up appointment for your suture removal, 7-10 days post-operatively. 513-475-7932 (Becca). Unless you already have done this pre-operatively.
- At your first post-op visit, Dr. Grawe OR Blair McChesney, CNP will go over your surgery and outline your rehabilitation.

### **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. Do not remove the Steri-strips. 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.
- There may be a small amount of bleeding and/or fluid leaking at the surgical site. This is normal. The knee is filled with fluid during surgery, sometimes causing leakage for 24-48 hours. You may change or reinforce the bandage as needed. Bruising around the thigh and calf are also very common and expected after surgery.
- Use Ice or the Cryocuff as often as possible for the first 3-4 days, then as needed for pain relief.
- There will actually be more swelling on days 1-3 than you had the day of surgery. This is normal. The swelling is decreased by using Ice or the Cryocuff. The swelling will make it more difficult to bend your knee, but once the swelling goes down, it will become easier to bend your knee.
- You may shower on Post-Op Day #3 using a water-tight plastic bag over your knee.
- DO NOT GET THE WOUND WET. You may gently wash around in incision with a washcloth, then gently pat the area dry. Do not soak the knee in water. Do not go swimming in a pool, lake, or the ocean until 3 weeks after surgery.

### **POST-OP**

- You will be given two prescriptions for pain relief for you to use post-operatively: Naproxen, an anti-inflammatory medication, is to be used twice a day with breakfast and dinner, for the first 10-14 days after surgery.

**\*\* IF YOU HAVE AN ULCER HISTORY OR DIFFICULTY USING ANTI-INFLAMMATORIES OR ASPIRIN >> DO NOT USE**

- Oxycodone 5 mg or Norco, a strong narcotic, to be used only on an "as needed" basis for pain in addition to the Naproxen.
  - IF given Oxycodone you will also be given Tylenol 500 mg to be taken every 6 hours.
- If you have any adverse effects with the medications, please call our office.
- If you develop a Fever (101.5), Redness or 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 the positioning during surgery. If so, apply heating pad to area and take an analgesic if you have not already done so.

## **EXERCISES**

- Keep your leg elevated with a pillow under your calf, not under the knee
- Please do these exercises 2-3 times daily.
- Below are some exercises you can do on your own safely:
  - Towel roll under heel
  - Straight leg raises
  - Isometric quadriceps strengthening
  - 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.**