

Post-Operative Instructions
for patients of Justin T. Newman, M.D

Knee Surgery

- Diet
 - Start with clear liquids and light foods (jello, soup, etc)
 - Progress to your normal diet as tolerated by nausea
- Wound Care
 - Keep operative dressings in place. If there is swelling of the ankle or foot – loosen the bandage.
 - Bleeding and swelling are normal after surgery. The fluid used for arthroscopic surgery combined with some blood also commonly soaks the bandages. If blood soaks through do not become alarmed – reinforce with additional dressings.
 - Remove the surgical dressings on the third post-operative day (about 72 hours after surgery). If minimal drainage is present, the wounds can remain open to the air, or you may apply waterproof dressings or band-aids over incisions and change daily. If you cover the wounds, please remember to change the dressing daily.
 - Steri-Strips may cover your wounds. These are small strips of adhesives that help to protect your wounds. Allow them to remain in place until your post-operative visit.
 - To avoid infection, keep surgical incisions clean and dry. You may shower by placing waterproof band-aids or dressings over the incisions. After 5 days you may shower while allowing a small amount of water to wash over wounds. Gently dab them dry.
 - NO soaking of wounds – no bath/pool/etc.
 - Brace may be removed for showering.
- Ice Therapy
 - Begin immediately after surgery
 - This is the best option for pain relief.
 - Use ice or ice machine (if prescribed) for a minimum of 20 minutes 5-6 times per day.
 - Always apply a thin towel or pillow sheet between the ice and your skin to avoid burning your skin.
 - Remember to support your limb while icing.
 - Ice as much as tolerated for the first 14 days.

- Brace (if prescribed)
 - Brace should be kept in place until your follow-up appointment
 - OK to remove brace for hygiene, and for activity/exercises as directed
 - Most braces can be easily be tightened or loosened as needed. This is common as swelling resolves and bandages are removed.

- Medications
 - Nerve blocks and pain medication injected into the wound will wear off from 8-24 hours after surgery.
 - Dr. Newman prefers that you avoid anti-inflammatory medications for 6 weeks after surgery (i.e. Advil, ibuprofen, Aleve). Occasional use is permissible, however please limit the amount taken. If using these medications is appropriate for your condition or surgery, Dr. Newman will let you know.
 - Narcotic pain medications are often prescribed to aide in controlling your post-operative pain.
 - Length of use is generally 2-5 days, depending on level of pain
 - These medications will not alleviate all of your discomfort, but should help to manage your pain, in addition to elevation of your extremity and icing.
 - Please take medications as prescribed.
 - Do not mix with alcohol.
 - Common side effects of pain medication:
 - Nausea – take medication with food. Take anti-nausea medication if prescribed. If this persists, call the office to consider having your medication changed.
 - Drowsiness
 - Constipation – if this occurs consider taking an over-the-counter laxative such as prune juice, Senekot, Colace or Miralax
 - Do NOT drive a car or operate heaving machinery while on narcotics.
 - Pain medications will only be refilled in the post-operative period.
 - Narcotic medications cannot be called into a pharmacy. They require a written prescription from the office. Please monitor the amount of pain medications that you have in order to not run out of medications.
 - It is a strict policy that narcotics and pain medications will NOT be refilled on weekends or after hours.

- Activity
 - Elevate the operative leg to chest level when ever possible to decrease swelling
 - Do not place pillows under the knee (do not keep the knee in a flexed or bent position), but rather put them under the foot or ankle to elevate the leg
 - Use crutches to assist with walking
 - Do not engage in activities that increase knee pain/swelling including prolonged periods of standing or walking for the first 7-10 days after surgery
 - Avoid long periods of sitting without leg elevated, or long distance travel for 2 weeks
 - May return to sedentary work ONLY or school 3-4 days after surgery, if pain is tolerable
- Physical Therapy
 - Your first visit should usually be as soon as reasonably possible after surgery.
 - You will be given a specific protocol for rehabilitation that will help to maximize your recovery and surgical outcomes. These have been developed to provide the best outcomes possible.
 - Do NOT advance your physical therapy protocol unless directed to do so by Dr. Newman.
- Ted Stockings
 - These compressive stockings/socks are to be worn for 2 weeks after surgery.
 - They control lower extremity swelling and decrease the chances of blood clot formation.
 - May remove for showers, but please use at all other times.

EMERGENCIES

- Contact Dr. Newman or his staff if any of the following are present:
 - Painful swelling or numbness
 - An abrupt change in the nature or severity of pain
 - Fever over 101.5° (It is normal to have a low grade fever for the first day or two after surgery)
 - Redness around incisions
 - Color change in wrist, hand or lower extremity
 - Continuous drainage or bleeding from incision (routine drainage is expected)
 - Difficulty breathing
 - Excessive nausea/vomiting
 - If you have an emergency after office hours or on the weekend, call 303-344-9090 to be connected to our pager service. They will contact Dr. Newman or one of his colleagues. Do NOT call the hospital or surgery center.

****** If you have an emergency that requires immediate attention, proceed to the nearest emergency room.

- **Follow-up and Questions**
 - During normal business hours, Dr. Newman or his point of contact Crystal can be reached at 303-344-9090
 - If you do not already have a post-operative appointment scheduled, please call during normal business hours to schedule at 303-344-9090
 - Your first visit should be 10-14 days after surgery.
 - Plan to see Dr. Newman in clinic also at 6 weeks, 3 months and 6 months after surgery. These intervals may vary depending on your specific surgery.

Dr. Newman strives to take **exceptional** care of his patients. If there are any concerns, difficulties or problems, please let him know. He wants to work with you to achieve the best possible outcomes. This is best obtained with an open line of communication.

Wishing you a quick and successful recovery!