



MOTION ORTHOPAEDICS

333 South Kirkwood Road, Suite 200

Kirkwood, MO 63122

Office (314) 991-4335 Fax (314) 991-4340 Exchange: 888-456-8166

Nathan A. Mall, MD

Collin Magilligan, NP

KNEE POST OP INSTRUCTIONS

- | | |
|--|--|
| <input type="checkbox"/> Knee Arthroscopy | <input type="checkbox"/> Partial Meniscectomy |
| <input type="checkbox"/> ACL Reconstruction | <input type="checkbox"/> LCL Reconstruction/Repair |
| <input type="checkbox"/> ACL Repair | <input type="checkbox"/> PCL Reconstruction/Repair |
| <input type="checkbox"/> Meniscal Repair | <input type="checkbox"/> Quadriceps Tendon Repair |
| <input type="checkbox"/> MCL Repair | <input type="checkbox"/> Patellar Tendon Repair |
| <input type="checkbox"/> MPFL Reconstruction | <input type="checkbox"/> Patella ORIF |

Your Post Op Appointment: _____ Physical Therapy to begin:

Weight Bearing status: _____ full weight bearing as tolerated
_____ non weight bearing
_____ toe touch weight bearing

Due to the Anesthesia:

- Advance diet as tolerated; some nausea is normal. If this persists longer than 24hours contact our office
- Someone needs to stay with you the rest of the day
- Do not make important decisions or sign legal documents; you may be sleepy the rest of the day
- Do not drive or operate hazardous machinery today or while taking narcotic medications

Medications:

- Most patients will require some narcotic pain medication after surgery; this can be taken as directed on the bottle. Common side effects of pain medication are nausea, drowsiness, & constipation. To decrease these side effects take with food & consider



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taking an over the counter stool softener or laxative. You can usually begin to wean yourself off the narcotic medications after the first 3-4 days.

- You may take Anti-Inflammatory medications sparingly in between your dose of pain medications (Ibuprofen, Aleve, Advil, Naproxen, Tordadol, Ketorolac)
- You may **NOT** take any Anti-Inflammatory medications in between your dose of pain medications

Hinged Knee Brace:

- Your brace should be locked at full extension while ambulating
- Your brace can be unlocked with ambulating 0-90 degrees
- Your brace ROM while non weight bearing
 - 0-30 degrees
 - 0-90 degrees

Dressing/Shower:

- Removed the surgical dressing on the 3rd post-operative day. If minimal drainage is present, apply Band-Aids or clean dressing over incisions and change daily. Do NOT remove the little white or clear pieces of tape over the incision. These help keep the incision from spreading. You may see a small clear strand of string, this is part of the skin closure and should not be pulled on or cut. Your sutures will dissolve under the skin.
- It is normal to bleed & swell following surgery; if blood soaks through do not become alarmed- reinforce with additional dressing.
- Keep surgical incisions clean & dry; you may shower by placing large garbage bag over dressing starting the day after surgery.
- Do not use any creams, lotions, alcohol, hydrogen peroxide, Neosporin, or any other ointments on your incisions.

Activity/Exercise:

- Ok to do straight leg raises in brace with locked straight if brace was provided.



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- Ok to do heel slides and Quad sets (quad isometric contractions) to engage muscle firing.
- Ankle pumps throughout the day & avoid long periods of sitting and/or long distance traveling to reduce the risk of blood clots. Elevate the operative leg to chest level whenever possible to decrease swelling. Keeping your leg above the level of your heart helps the blood travel back to your heart since you aren't using the muscles in your leg to push it back to the heart like normal.
- Do not place pillows under knees (i.e. do not maintain knee in a flexed or bent position), but rather place pillows under foot/ankle leaving the area under the knee open. This allows gravity help you get your knee straight, which is often the hardest part of knee motion to get back.
- Use crutches to assist with walking – depending on your weight bearing status specified above.
- Do not engage in activities which increase knee pain/swelling (prolonged periods of standing or walking) over the first 7-10 days following surgery
- Avoid long periods of sitting (without leg elevated) or long distance traveling for 2 weeks

Ice Therapy:

- Begin immediately after surgery; NEVER PUT ICE PACKS/PADS DIRECTLY ON SKIN
- Ice packs: every 2 hours for 20 minutes at a time, until first post-op appointment
- Ice machine: Use continuously

Emergencies:

Contact Dr. Mall's office if any of the following are present:

- Painful swelling or numbness
- Unrelenting pain
- Fever or chills (over 101- it is normal to have a low grade fever a day or two after surgery, coughing & deep breathing is best treatment)
- Redness around incisions



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- Color change in wrist or hand
- Continuous drainage or bleeding from incision (small amount of drainage is expected)
- Excessive nausea/vomiting
- **If you are experiencing an emergency call 911 or go to the nearest emergency room**
- If you have additional questions that arise at any time email us at mallteam@toc-stl.com or contact Dr. Mall or Collin @ 314-991-4335 or after hours exchange @ 888-456-8166