



www.danielmyermd.com

Dr Daniel Myer's Post-operative Instructions for Knee Surgery

Please call our office with questions:
North Coast / St. Thomas Hospital (330) 535-3396

Post-operative follow-up:
Office: _____
Date / Time: _____

Medications / Diet

1. Eat only light, non-greasy foods today.
2. Take pain medications with food.
3. While taking pain medications, you may not operate a vehicle, heavy machinery or appliances.
4. While taking pain medications, you may not drink alcoholic beverages.
5. While taking pain medications, you may not make critical decisions or sign legal papers.
6. If you have any reactions to your medicines, stop taking them and call my office immediately.
7. Please keep in mind that itching is a very common side effect of narcotic pain medicines, and if not allergic, over the counter Benadryl (diphenhydramine) may be used as directed.
8. Please keep in mind that constipation is a very common side effect of narcotic pain medicines. We recommend that patients take precautions to prevent constipation:
 - a. Drink plenty of water (6-8 glasses of 8 oz. a day).
 - b. Avoid alcohol and excessive caffeine.
 - c. Eat plenty of fiber (fruits, vegetables and whole grains).
 - d. Take an over the counter stool softener: Colace (docusate) or Dulcolax (bisacodyl).

The following medicines: _____ were sent electronically to _____

The following medicines were printed: _____

Yes / No Please take a daily / two times per day - 81mg Aspirin - to help prevent blood clots

Activity / Exercise

1. Range of Motion:

- _____ You may bend your knee as much as the dressing will allow – at all times.
- _____ You are in a knee brace – range of motion is limited. Do not bend knee at any time.
- _____ You are in a knee brace – range of motion is limited. **IMPORTANT** to work on knee bending while not walking (either take out of brace or unlock brace to bend)

2. Weight Bearing

- _____ You may weight bear as tolerated – use crutches / walker only if needed for pain control.
- _____ You may weight bear as tolerated while locked straight in the brace – use crutches for safety
- _____ You are partial weight bearing – use crutches for safety.
- _____ You are non-weight bearing – use crutches for safety.

Yes / No Physical Therapy script printed today. Please call to get appointment setup as discussed.

3. Please practice quadriceps muscle tightening and straight leg raises several times every hour.
4. In an effort to regain full extension (straight leg), please keep from placing pillows/blankets directly behind the knee for extended period of time (such as overnight sleeping).
5. In effort to reduce swelling and prevent blood clots, please continue to move your ankle up/down and tighten relax your calf muscles several times every hour.
6. In effort to reduce swelling, the optimal position of your leg is for you to be lying flat, with your ankle higher than your knee, and your knee higher than your heart.
7. It is important to continuously elevate your knee AND keep ice applied as long as pain or swelling persists.
8. Do not apply ice directly to skin or allow water to leak on your dressing.

Dressing / Wound Care

1. It is normal to expect some bloody drainage through your post-op dressing, just reinforce with a dry dressing.
2. If your knee feels extremely tight or becomes too painful, loosen the ace wrap or loosen the straps around your knee brace. Please still follow the directions below.

_____ You have a waterproof dressing on - you can leave it on to shower. The dressing is waterproof, and you may shower when you are comfortable. This dressing should be removed 5-7 days after surgery. After removal, you only need to keep the wound covered with gauze / ACE wrap if it is still draining fluid. Otherwise, you can leave the wound open to air.

_____ You have an ACE wrap / gauze / steri-strips ... please DO NOT SHOWER FOR 48 HOURS. After this, you may remove the dressing and get your incision/s wet. Simply dry the incision after a shower and cover with a dry dressing or Band-Aid.

3. Even after changing the dressing, it is normal to have some clear or bloody drainage from your incision/s.
4. Please - absolutely NO BATHS, HOT TUBS or POOLS.
5. If you are in a knee brace, you may remove your brace to shower (with assistance) and keep your leg straight while in the shower.

Emergency / Follow-up

1. Please notify my office if you develop any fever (101° or above), unexpected warmth, redness or swelling, or severe increased of pain in your knee.
2. Please call if your toes become suddenly cold, purple, prolonged numbness or there is excessive bleeding.
3. Please call the Emergency Squad / 911 if you have sudden chest pain or severe shortness of breath.
4. Your post-operative office follow-up has been scheduled for you. Please call if you have any questions.
5. Regarding pain medicine, please call the office before 1 pm on Friday if you do not have enough pain medicines for the weekend. Most narcotic pain medicines cannot be called into your pharmacy, and the prescription must be picked up at our office.
6. As a group rule, we do NOT call in narcotic medicines over the weekend.

Provider Signature: _____

Date: _____