

Knee Surgery Post-Operative Instructions

ACTIVITIES: You may feel dizzy and/or sleep for several hours after the procedure. Do not drive, operate any heavy equipment, sign an important papers, or make any significant decisions until tomorrow and these sensations have completely cleared.

If you received a NERVE BLOCK:

- NO driving for 72 hours or until the block has completely worn off, whichever is longer.
- Ambulate with assistance until the nerve block has completely worn off
- A nerve block can last up to 72 hours, average is 12-24 hours. We recommend taking pain medication as directed by your physician, especially before going to be the night following your surgery in case the nerve block wears off in the middle of the night.

MEDICATIONS: A prescription will most likely be given when you are discharged from day surgery. Please use this medication for pain as needed. It is common for Tylenol to be a component of prescribed pain medication. Be cautious when taking your pain medication with a snack to help decrease stomach irritation. Do not drive or drink alcohol while taking prescribed pain medication. Taking pain medication regularly may cause constipation. To avoid constipation, drink plenty of fluids and eat high fiber foods.

BANDAGES: Wash your hands with soap and water before and after touching your surgical knee. You may change your dressing 72 hours (3 days) after your surgery. Be sure to keep you incision and dressing clean and dry until cleared by your physician. If you are sent home with a knee brace, wear it as much as possible. Only take the brace off to do incision checks.

STITCHES: You may have several stitches. Do not get your knee wet until seen in the office. Ice and elevate your operative knee above the level of your heart.

BATHING: Please refer to your discharge information for bathing guidelines.

CALL 911 OR SEEK MEDICAL ATTENTION IMMEDIATELY:

- Chest Pain
- Shortness of Breath
- Severe Nausea
- Coughing up blood