



# Mid-America Orthopedics

## **Knee Surgery Post op Care Instructions**

- You may remove your dressing after 72 hours. If you have white steri strips applied over incision, these are to remain on until your post op appointment. Keep your incision clean and dry. You may shower and let water run over your incision, but do not scrub. Pat dry once done. No soaking of incision for 4 weeks.
- If you are in a ROM Knee brace, this is to remain on at all times unless showering, dressing yourself or attending physical therapy. If you are on a home exercise program, it may be removed at this time as well. **DO NOT REMOVE** brace while sleeping.
- Ice for 20 minutes every hour for the first 3-7 days post op. Do not apply ice pack directly to skin.
- If you received a femoral block (nerve block), this can last up to 12-24 hours after surgery. The nerve block does not always take and varies patient to patient. You are to remain non-weight bearing for 48 hours and then can return weight bearing unless otherwise instructed. If you have any difficulty with this, please contact our office if during business hours at (316) 630-9300.
- Do take pain medication as directed for the first 3-5 days even if you had to get up through the night. This will decrease the immediate onset of pain. If you feel that your pain medication is not lasting the 4-6 hours as prescribed, we recommend you alternate doses of Ibuprofen in between if able to take an anti-inflammatory. You can take up to 2,400mg of Ibuprofen in a 24 hour period. If you have tried this and still no relief, contact our office if during business hours (316) 630-9300.
- You may receive a refill of pain medication every 7 days. Since it is a controlled substance we are not able to call to a pharmacy. You will have to come to our office to pick up a prescription and hand carry to the pharmacy. If your refill day is on a Friday, you will need to call prior to 3pm to have ready by the end of the day. We do not fill prescriptions over the weekend.
- You will be given a script of anti-nausea medication with your post op pain medication. This is for you to take if you are vomiting or feeling nauseated only. You do not have to take this if you have no symptoms.
- If over 18 years of age, do start taking an Aspirin 325mg. One tablet once daily for 4 weeks.



- Call our office if you notice abnormal redness, warmth or drainage of the incision. Also, if you experience any pain, swelling and warmth of the calf.
- If you have any other questions or concerns, contact our office at (316) 630-9300.