

## POSTOPERATIVE INSTRUCTIONS: KNEE OPEN PROCEDURE

### FROM HOSPITAL TO HOME

- ❖ You must be accompanied by an adult who can drive you home after surgery.
- ❖ You may have some dizziness from the effects of anesthesia and pain medications.
- ❖ You cannot drive, operate machinery, drink alcohol or make critical decisions for at least 24 hours.

### SURGICAL DRESSING

- ❖ You can shower on the 3<sup>rd</sup> postoperative day- take off ace wrap and gauze, shower, then apply band-aids over incisions
- ❖ Each time you take a shower, leave the band-aids on during the shower then change to fresh band-aids after
- ❖ No baths or hot tubs until Dr. Kim allows

### MEDICATIONS

- ❖ A narcotic pain medication will be prescribed to take as needed- please read and follow the instructions on the bottle.
- ❖ Nausea and/or vomiting is a side effect of narcotic medication- if this should happen, consider changing to liquid diet and decreasing activity level.
- ❖ Constipation is another side effect of narcotic medication- you will also have a prescription for a stool softener.
- ❖ While taking narcotic pain medication you cannot drink alcohol or drive.
- ❖ Try to wean off the narcotic pain medication as soon as your pain allows. You can transition to over-the-counter Tylenol (acetaminophen) as needed.
- ❖ You may be prescribed a blood thinner if you are at risk for blood clots.

### ACTIVITY

- ❖ You will be given crutches to use, you are to be NON-weight bearing as tolerated unless otherwise told at discharge.
- ❖ Elevate the leg to reduce pain and swelling.
- ❖ Do not place a pillow under the knee, instead place under your ankle to maintain a straight knee.
- ❖ Make sure you bend your knee and move your toes to keep your blood pumping in your leg. This will help to prevent blood clots.

### APPOINTMENTS

- ❖ You will see Dr. Kim 1-2 weeks after surgery, if you do not know your appointment date, call 520.382.8200 to verify.
- ❖ You should schedule a physical therapy appointment to begin approximately 2-6 weeks after surgery. The timing will be discussed during your postoperative visit.

### QUESTIONS OR CONCERNS

- ❖ Call Dr. Kim's Medical Assistant at 382-8440 – please note that all calls are returned by 5:00 PM. Messages are checked periodically and returned by the end of the business day. Leaving multiple messages may create a delay in returning calls.
- ❖ For urgent matters call 382-8200 and the operator will route your call – if you call after hours, weekends or holidays you will reach our answering service who will assist you.