

POST-OPERATIVE INSTRUCTIONS
KNEE CARTILAGE SURGERY

PLEASE READ THE INSTRUCTIONS CAREFULLY *****

IF THE HOSPITAL GIVES YOU INSTRUCTIONS THAT DIFFER IN ANYWAY TO DR. FELDMAN'S , PLEASE CONTACT THE OFFICE IMMEDIATELY.

IF IN DOUBT FOLLOW THE INSTRUCTION'S BELOW.

After the surgery you will be given your prescription for pain and inflammation, please take them with food. **The pain medication is a controlled substance so please use them sparingly as Dr. Feldman does not give refills. Start taking the medication as the anesthesia wears off.**

It is important to remember that you have just had surgery and will need a minimum of 48-72 hours to recover. Anesthesia can remain in the body for up to 48 hours post-operatively so please refrain from activities such as excess walking or climbing. No working out until after the post-op visit. It takes 48-72 hours for the pain and swelling to peak, **SWELLING AND PAIN IS NORMAL.**

To decrease the swelling:

- Keep your leg elevated at 45 degree angle at all times for the first three days after surgery (keep knee joint straight, do not bend at knee)(do not count the day of surgery as day one)
- Apply the cold therapy or ice pack and keep the leg cool as much as possible for the first 48-72 hours. On the fifth day you may cool the leg for 30-60 minutes increments, 3-5 times a day.

You will be given crutches to ambulate after surgery, **NO WEIGHT BEARING ON THE LEG.**

We also recommend to possibly get a CPM machine post op to help increase blood flow and assist with getting your range of motion back in the knee.

YOU MUST NOT GET THE DRESSINGS WET. You can take a Sponge Bath or Cover the Leg with a Garbage Bag and Duct Tape. PLEASE BE VERY CAREFUL IN THE BATH / SHOWER BECAUSE YOU ARE NOT ALLOWED TO PUT WEIGHT ON THE LEG.

PLEASE HAVE SOMEONE HELP YOU OR MAKE ACCOMODATIONS.

DO NOT REMOVE THE DRESSINGS UNTIL YOU RETURN TO THE OFFICE FOR YOUR POST-OP APPOINTMENT USUALLY 14-16 DAYS AFTER SURGERY.

It is normal to see drainage on your dressing; this is caused by the irrigation fluids used during your operation. This is normal providing the color of the blood fades to a dark brown within 24 hours. This would indicate old / dry blood. However if there is excessive bleeding (bright red) and the dressing is soaked apply pressure and elevate leg,

PLEASE CALL OFFICE ASAP or GO TO EMERGENCY ROOM AT HOSPITAL FOR JOINT DISEASES OR NEAREST ER , for evaluation and treatment. PLEASE notify office of outcome.

In case if **INTRACTABLE , unrelenting pain**, that is not alleviated by several doses of the analgesic (pain killer) medication, and if your are unable to reach Dr. Feldman's staff at the clinic, please leave a message with the service, so we could follow-up on your request and return your call. If this problem occurs during the night or on a weekend, please proceed to the Emergency Room at Hospital For Joint Diseases or any other ER in your area, for evaluation and pain management.

The office will contact you for the Post-Op appt. At this visit Dr. Feldman will discuss the surgery, prescribe Physical Therapy and brace if indicated.