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Dual Fellowship-Trained Orthopedic Surgeon
in Sports Medicine & Trauma

Shoulder, Elbow & Knee Specialist

Knee Surgery- Post-Operative Instructions

Activity:

- Take it easy the first 24-48 hours, particularly if it's hot out. Spend most of the first 24 hours resting in bed or on the couch.
- After the first 24 hours, slowly increase your activity level based on your symptoms.
- Do not drive until you have stopped taking opioid medication and have been cleared by Dr. Krueger.
- Keep leg elevated above your heart for at least 48 hours. Do not place a pillow under knee, keep it behind the calf or ankle. "Toes above your nose"
- Use your crutches, if instructed
- Weight bearing:
 - ☐ Weight bearing as tolerated on operative leg
 - ☐ Weight bearing as tolerated on operative leg with brace on
 - ☐ No weight on operative leg
 - ☐ Partial weight bearing:

Exercises:

- Exercise ankle (flex and extend) as instructed: multiple times an hour, while awake

Pain Management

Regional Anesthesia:

- Your surgical area has been injected with a numbing medication which may last 2 to 20 hours. While the area is numb, you need to protect it from injury. You may feel tingling and the beginning of discomfort when the block is wearing off. If you have pain, take your pain pill as directed.

Cold Therapy:

- Begin as soon as you get home from surgery
- Use cold therapy, whether ice packs, gel wraps, or Polar Care, for up to 20 minutes out of every hour until your first post-op visit.
- If you do not purchase an ice machine, please use ice packs on the surgical site. Ice packs can be applied for up to 20 minutes out of every hour until your first post-op visit.
- While icing, loosen your brace to avoid added pressure.

Medications: ***Be sure to pick up your prescriptions before arriving home.

- Acetaminophen (Tylenol): 875-1,000 milligrams (or 1 gram) can be taken every 8 hours for the first 10-14 days. DO NOT take more than 4 g (or 4,000 milligrams) in a 24 hour period.
- NSAIDS (Ibuprofen/Advil): 600-800 milligrams can be taken with meals (breakfast, lunch, and dinner). DO NOT take if you have a history of stomach issues.
- Narcotics/Opioids (Oxycodone): Take as directed. Wean off as soon as possible to avoid side effects. We will NOT refill narcotic pain medications after hours.
- Aspirin: 81 mg once daily for the next two weeks unless otherwise instructed - can start today/tonight if possible

Other Medications

- Stool Softener: While taking opioids, take a stool softener as well to prevent constipation (Colace - over the counter)
- Anti-nausea (Zofran): If you have nausea at home, use this medication as directed.
- Antibiotics (Keflex or Cleocin): Depending on the procedure, you may have been sent home with a short course of an antibiotic. Take as directed.

Diet:

- Eat a bland diet for the first day after surgery
- Start with small servings at first

Incision Care:

- Keep dressing clean, dry, and intact until your first follow-up appointment
- If it comes loose, please re-enforce with tape. Or remove dressing and cover with sterile gauze and tape.
- It is normal for some blood to be seen on the dressings and bruising on the skin around your shoulder when you remove the dressing.
- If steri-strips are present, leave them across the incisions. If you are concerned by the drainage or the appearance of your shoulder, please call the office.
- Do not apply any ointments, creams, or other cleansing agents to your incision for at least the first 3 weeks after your surgery

Showering:

- All incisions and dressings must stay dry until sutures are removed. While the dressing is still on, please seal the area to keep dry during a shower. A bag with good seal can be applied over the incision area to take a shower.
- If there is any concern water got under the dressing, remove it immediately and cover with sterile gauze and tape.
- No baths or submersion of the wound until 48 hours after all sutures have been removed. If you have questions, please call the office.

Physical Therapy:

- Physical therapy is an essential component to your recovery from surgery. Unless other instructions are given, you will begin PT within 2-3 days after surgery.

Questions or Concerns:

- Contact Dr. Krueger's office by phone (314-375-7596) or by email (teamkrueger@orthomo.com) if any of the following are present:
 - Painful swelling or numbness
 - Unrelenting pain
 - Fever (note – it is normal to have a low-grade fever (101° and under) for the first day or two following surgery) or chills
 - Redness around incisions
 - Color change in foot or toes
 - Continuous drainage or bleeding from incision (a small amount of drainage is expected)
 - Difficulty breathing
 - Excessive nausea/vomiting