



KNEE SURGERY

Immediate Post operative period

Pain control

Post operatively your femoral block should work well at helping to reduce pain for the first 10 to 12 hours. Don't wait, however, until the block has completely worn off before starting your pain medicine.

You have two Medications for pain:

1. Percocet which is a short acting pain medication and taken one or two pills every 3 to 4 hours as needed
2. OxyContin which is a long acting pain medication and taken every 12 hours as needed.

Unfortunately both medications share the same generic name “Oxycodone”. The way to differentiate between the two medications is by the labeled instructions on the bottle. The bottle containing the OxyContin, advises the medication may be taken every 12 hours as needed whereas the Percocet label notes the medication may be taken every three to four hours as needed.

As a General Rule start the OxyContin the evening of your surgery and continue taking one pill every 12 hours for the next 48 hours. If the OxyContin is not sufficient you may supplement it with one or two Percocets every three to four hours as needed. Within 48 to 72 hours OxyContin is generally no longer required. At that point continue the Percocet as needed.

If the patient is 15 years old or younger, or under a 145 lbs, Percocet alone will frequently be sufficient for pain relief, Oxycontin can always be added if needed.

Remember, all pain medications are extremely constipating. Take the prescribed Senacot at least for the first four days, and stop pain medication as soon as reasonable.

Office Visit

The first post operative office visits will be scheduled for the following week after surgery. Sutures will be removed, physical therapy reviewed and school and work notes provided.

Showering

Please keep your incisions dry until the final sutures are removed. Until then you can cover your operative leg with a large plastic bag taped securely to your thigh and take a quick shower. A chair or wooden stool can be used to sit on during showering.

Immobilizer Brace

The brace is worn for comfort and protection. You can remove the brace when lying down for short periods of time for comfort or to apply ice. The brace should be snug, but never tight or uncomfortable.

Crutches

During the post operative period you should use the crutches at all times. You should walk with your foot flat on the ground with apply very little body weight.

Exercises [see attached exercise sheet]

1. Ankle pumps: several times per day to assist circulation in the lower leg.
2. Quad sets: 10x each waking hour.
3. Hamstring sets: 10x/waking hour.
5. knee extension [straightening]

Phone Call

We will call you the day after surgery to answer any questions and to see how you are you progressing and to set up your first post operative visit.

If you are concerned please call us at any time. In particular notify us if you are running a fever above 100.5, if you have problems voiding. Drainage on the dressings are to be expected.