

## Post-Op Instructions for Knee Manipulation Under Anesthesia

These instructions are to compliment the information given by Dr. Stewart, nursing staff and physical therapists. They cover many of the common questions.

### PAIN/SWELLING

To lessen pain and swelling, use ice after your procedure. Put the ice covered with a towel and place over the surgical site. We recommend 20 minutes, 4-5 times per day for the first 1-3 days then as needed based on symptom. Do not place ice or cooling devices directly on the skin for prolonged periods of time as it may damage the skin.

Narcotic pain medication might be prescribed for use, if needed, after you leave the hospital in limited amounts. Try to wean down/off as soon as you are able. Use acetaminophen (Tylenol) and/or anti-inflammatories (ibuprofen or Aleve) as main medications for pain control as/if appropriate. Add the narcotic medication for additional pain control if needed. It can help to stagger your pain medications. If a refill of medication is needed, please call the office during regular business hours, Monday-Friday 8:00 a.m. to 5:00 p.m. In general, refills will not be made after hours or on the weekends as they need to be picked up. Please plan ahead.

Also narcotic medications can cause constipation so you may want/need to use an over the counter stool softeners/laxatives as needed.

Swelling to some degree is common. To reduce swelling, elevation is very helpful. Elevate the affected extremity above the heart level for the first 2-5 days after surgery. Elevation for 90 minutes every 2 hours is a good initial recommendation. Excessive pain and swelling should be reported to your surgeon.

### EXERCISES

You will begin physical therapy within a few days following your procedure. In the meantime, there are no weightbearing or activity restrictions. We encourage active range of motion and continued lower extremity strengthening. If you were set up with a CPM (Continuous Passive Motion) device, please use this as instructed.

### DRIVING

To drive you must no longer be taking narcotic pain pills. Also, you must feel strong and alert.

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