



THOMAS H. WUERZ, M.D., M.Sc.
STEPHEN WRIGHT, PA-C

Knee Arthroscopy Post-Operative Instructions

PRESCRIPTION MEDICATIONS

Hydrocodone/Acetaminophen (Vicodin):

- This is a narcotic medication for pain.
- This medication is to be taken **AS NEEDED**.
- Plan to stay on a scheduled dose of 1-2 tablets every 4-6 hrs for the first 1-3 days.
 - After 1-3 days you should be able to space out or discontinue the medication and transition to Acetaminophen (Tylenol).
 - DO NOT exceed 4,000 mg of Acetaminophen in a 24 hour period.
- Do not drive, drink alcohol, or take Acetaminophen (Tylenol) while taking this medication.

Aspirin 325mg:

- This is a blood thinner used to prevent blood clots following surgery.
- This medication is to be taken once per day for 14 days following surgery.

Zofran (Ondansetron):

- This is an anti-nausea medication.
- It is a dissolving tablet- place it on your tongue, allow it to dissolve, and swallow.
- Take 1 tablet as needed every 4-6 hours for the first 2 days after surgery.

Colace (Docusate Sodium):

- This medication is to help with constipation, a common side effect after taking narcotic pain medications (like Norco) and general anesthesia.
- Take 1 pill in the morning and 1 in the evening to prevent constipation.
- It is normal to take several days to make a bowel movement after surgery
- Drink plenty of clear liquids as the anesthesia can cause dehydration/constipation as well.

WOUND CARE:

- Leave the bulky surgical bandage on and DO NOT shower for 48 hours.
- After 48 hours, remove bandages and gauze, but leave steri-strips (white tape) in place.
 - You may shower at this point.
 - Cover incision sites with waterproof bandage prior to getting into the shower.
 - Should the incisions accidentally get wet, pat them dry with a clean towel. DO NOT SCRUB.
- It is normal to see a lot of blood-tinged soaked fluid on the bandages.
 - This may appear to be a pinkish-yellow fluid and is normal.
- In between showers, leave the incision sites open to air
 - DO NOT APPLY LOTIONS OR OINTMENTS TO THE INCISION SITES
- Your stitches will be removed at your first post op visit. Do not take them out or pull on them.



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- DO NOT soak in any pool/bath water until 4 weeks after surgery.

PHYSICAL THERAPY:

- Physical therapy should start 1-3 days after surgery.
- Choose a physical therapy clinic close to your home so you can be compliant with your program.
- Please bring your prescription for therapy and physical therapy protocol (provided on surgery day and also on the website) to your first appointment.
- At your first physical therapy visit your therapist should instruct you regarding your gait with the crutches.

WEIGHTBEARING:

- You will be weight bearing as tolerated after this procedure. This means you may put as much weight onto your operative leg as you can tolerate the pain, unless otherwise instructed by the surgical team.
- Allow pain to be your guide.

CRUTCHES:

- You will be provided with crutches on the day of your surgery.
- You may use these crutches as needed.
- You should not need crutches for more than a few days if you are weightbearing as tolerated.

FOLLOW UP:

- You will need to follow up in clinic with the Stephen Wright, PA-C in 2-3 weeks.
- At that time we will review your surgery and rehab protocol with you at that time as well as assess the incision sites.
- Please call central scheduling to make an appointment (contact information below).

WHEN SHOULD YOU CONTACT THE OFFICE?

- If you have a fever >100.4 degrees F.
 - A low grade temperature (even up to 100 degrees) is expected after surgery, but let us know if it gets this high!
- If you develop chills or sweats.
- If you have pus, significant pain, or redness surrounding the incision sites.
- If you are unable to urinate >1-2 days after surgery.

IMPORTANT CONTACT INFORMATION

Office Phone Number: (781) 890-2133

Office Fax Number: (781) 890-2177

Office Assistant: Nina Daughrity