

# Amarillo Bone & Joint Clinic, PLLC

1100 S. Coulter Amarillo, TX 79106 Phone: 806-468-9700 direct line 806-242-2252

## Dr. Brad Veazey

Jeff Tipton RNFA,CNOR Jessica Maddox, LAT Amber Roberts, LVN

### Postoperative Instructions Knee Arthroscopy

#### Crutches

- Weight bear as tolerated with crutches after block wears off.
- If you had a micro fracture or ligament reconstruction ( example ACL), you will be non-wt. bearing until cleared by Dr. Veazey.
- Please leave your anti-embolism stockings on at ALL times (even when you sleep). You may remove the hose to shower but they need to be put back on afterwards. Dr. Veazey's office will tell you when you can remove them.

#### Brace

- If you had a ligamentous reconstruction (example ACL) you will have a brace.
- The brace should be locked in extension for ambulation until Dr. Veazey gives other instructions.
- Physical therapists will take off brace for exercise.
- You should sleep in the brace.
- Only remove brace for therapy and hygiene.

#### Cryocuff

- If you have a cryocuff (cooling and/or cooling compression) you should use it for 20 minutes every 2 hours

#### Physical Therapy

- You will begin Physical Therapy usually on post-operative day 2 or 3.
- You should have a prescription and therapy protocol in your Amarillo Bone and Joint folder unless you are attending PT at ABJC.

#### Wound Care

- Leave post-op dressing in place and keep clean for the first 48 to 72 hours.
- First dressing change will be done at first physical therapy visit or patient may change dressing at 48 to 72 hours.
- After first dressing change patient may shower and wash wounds with soap and water. Cover wounds with bandaids after. NO bath tub, hot tub or swimming pool until cleared by Dr. Veazey.

#### Nerve block General Instructions

- Effects should last from 6-24 hours.
- You may have tingling or sleepy feeling in leg or foot

**Post-anesthesia:** No alcoholic beverages for 24 hours. Drink plenty of fluids. Resume regular diet SLOWLY. Begin with light foods first and advance to regular food as tolerated. Return to clear liquids for any vomiting and gradually resume regular diet when nausea/vomiting stops. DO NOT DRIVE; operate heavy machinery, exercise, or sign legal documents for at least 24 hours. NO LIFTING UNTIL RELEASED TO DO SO BY DR VEAZEY

#### Call Dr. Veazey's office or go to the Emergency Room for:

Redness, drainage, fever, chills, Increased swelling, numbness, increased pain.