

## DR. KAN'S POSTOPERATIVE INSTRUCTIONS

### Knee Arthroscopy Surgery



**BANDAGE CARE & BATHING:** You may take OFF the bandage 24 hours after the surgery. You may shower, washing the incision lightly with soap and water. Do NOT submerge the incision under water in a bath tub/pool/ ocean until Dr. Kan advises it is OK. After shower, cover the incision with simple band aids or light gauze and elastic wrap. If you have steri-strips leave on until they fall off.



**CRUTCHES:** If given crutches, weight bear as tolerated.



**ICE:** Ice can help reduce pain and inflammation. Put a light towel over the incision and apply ice packs every 15-20 minutes, every 2 hours while awake.



**DIET:** No restrictions: Start with clear liquids, plain foods and work your way up to regular diet as tolerated. Avoid greasy, heavy & spicy foods, they can make you nauseous.



**DRIVING:** DO NOT drive until OFF of prescription pain medicine & can safely move your feet and push the pedals.



**ACTIVITY:** Rest today, it is not unusual to feel sleepy or tired for a day or so after your procedure. No strenuous activity. While resting keep your knee elevated above your heart to reduce swelling



**PAIN MANAGEMENT:** At the end of your surgery, your knee was injected with a mixture of long-acting pain medication. This will wear off in 6 – 8 hours; however it may last up to 24 hours. Start taking your prescribed pain medication such as oxycodone HCl/acetaminophen (Xartemis XR), hydrocodone/acetaminophen (Vicodin), codeine/acetaminophen (Tylenol with Codeine #3), or oxycodone/acetaminophen (Percocet) as soon as you start to feel increasing pain. We recommend you take a dose prior to going to sleep the first night so you do not wake up in the middle of the night with pain. Follow the labeled instruction on your prescription. If the prescribed pain medicine does not control your discomfort, you may take non-prescription pain medicine such as acetaminophen (Tylenol), naproxen (Aleve), ibuprofen (Advil or Motrin) in addition to the prescribed pain medicine. Do NOT drink alcohol, drive or operate machinery while taking prescribed pain meds.



**NAUSEA:** Anesthesia and pain medication can cause nausea. You may be given promethazine (Phenergan) or ondansetron (Zofran) for nausea. Take these along with your prescription pain medicine to prevent nausea. **CONSTIPATION:** Prescription pain medication can cause constipation. Drink plenty of fluids. You may take over the counter stool softeners such as docusate (Dulcolax) or Senna. Prunes, prune juice or any food that can help move bowels. Take these along with your prescription pain medicine as needed.

**ITCHING OR RASH:** If you get MILD itching or rash, take non-prescription allergy medicine such as Benadryl, Claritin, or Allerest. If you get a SEVERE reaction or have any difficulty breathing, call 911 or immediately go to the nearest emergency facility.



#### When to call:

Dr. Kan's office @ 521-8123 or All Access Ortho @ 356-5699 M-F 8am – 8pm, Sat/Sun 9am-5pm  
Physicians Exchange after hours @ 808-524-2575.

1. Fever is above 101.5°F and/or chills. Fever is common after any surgery with general anesthesia and is rarely due to infection.
2. Excessive nausea, vomiting, difficulty breathing, inability to urinate or severe pain unrelieved with medication ordered.
3. Extensive swelling around the operative area, numb, dusky or pale color in toes, or pus type drainage.

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If you need IMMEDIATE ATTENTION (such as difficulty breathing)  
**Call 911 or go to the NEAREST EMERGENCY ROOM**



A Registered Nurse from MIS Hawaii will be calling to follow up on your procedure with you after your surgery to answer any post-op questions. The discharge instructions were explained to me and I have received a copy of these instructions. I understand these instructions are necessary for continuing medical care after I (the patient) leave MIS Hawaii.

Patient or Authorized Person Signature

Date/Time

Nurse Signature

Date/Time