



DAVID B. COHEN, M.D.

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CALL OUR OFFICE AT 203.407.3518 FOR FOLLOW-UP OR QUESTIONS

DISCHARGE/HOME INSTRUCTIONS
Knee Arthroscopy

Patient Name:

Follow up appointment:

- Call Dr. Cohen's office today or tomorrow to arrange to be seen in 10– 14 days if you do not already have an appointment.
- Connecticut Orthopaedic Specialists Surgical Center wishes you a **speedy recovery**. Please note the following guidelines for your recovery period at home:

DIET:

- Your regular diet may be resumed today. Start with liquids. Drink additional fluids today.
- Avoid alcohol for 24 hours and while you are taking your pain pills.

MEDICATIONS: It is normal to experience some discomfort after surgery. Take medication as prescribed.

- Pain medication may cause constipation. Use an over-the-counter stool softener (ie. Colace) as needed.
- Eat something before taking medication to avoid stomach upset.
- Your pain medication is Vicodin (hydrocodone). Take 1-2 when you are aware of soreness and then every 4 hours as needed.
- Use Naprosyn (an anti-inflammatory) for 10 days after surgery. Take one pill in the morning, one in the evening with food. Stop if it upsets your stomach.

DRESSING: KEEP YOUR DRESSING DRY AND CLEAN.

- You may experience drainage. **Do Not Remove Original Bandage Until Directed Below.** Reinforce as needed.
- Call your surgeon if you think it is too much.
- Remove dressing in 3 days. **Do not remove tape strips** on surgical site. Apply band aids.
- Please do not use bacitracin or other creams on the wounds.

ACTIVITY:

- Do not drive, operate machinery, or sign legal documents. You may be forgetful due to today's medications.
- Rest today. Get up every 2-3 hours during the day. You may experience light-headedness and sleepiness following your surgery. We encourage you to have someone with you for 24 hours.
- To bathroom with assistance. Gradually resume light activity.



- Apply ice for minimum one week while awake (30 minutes on, 30 minutes off). You should use it after physical therapy as well.
- You may shower on post-operative day 3 but keep the incision sites covered with either plastic wrap secured with tape or waterproof band-aids. Do not remove the tapes covering the incisions. No baths, hot-tubs, or swimming.
- Flex and extend ankle to promote blood flow. Your ankle may swell when you are up and about. This is normal.
- Elevate leg for 24 to 48 hours and if ankle swells. Keep your leg elevated with a pillow under your calf, NOT under the knee.
- Use crutches for 4-7 days. Partial (50%) weight bearing. After 4-7 days, advance to full weight bearing as tolerated.
- Start Physical Therapy within 3-4 days of surgery. Call now and book appointments for 3x/week for 4-6 weeks.
- Exercises to be performed 2-3 times daily:
 - Gentle range of motion of the knee: bending and straightening.
 - Straight leg raises, with foot straight and turned out. Goal is 25 reps three times per day.
 - Isometric quadriceps contractions (tighten thigh muscle and hold for 10 count. Repeat.)
- If you have access to a stationary bike, you may try to begin riding on post-op days #2-3, with no resistance. Begin with 5 minutes and increase daily, based on comfort. Begin with the seat raised high.

NOTIFY YOUR SURGEON IF YOU ARE UNSURE OF YOUR PROGRESS OR IF:

- Dressing is too tight. -Fever above 101°F -Excessive swelling
- Continued nausea/vomiting -Uncontrolled pain -Unable to urinate
- Excessive bleeding -Infection (red, drainage and/or sore)
- If coldness, numbness or change in color of fingers/toes or skin (hand may be numb for 24 hours after nerve block)

IF YOU CANNOT REACH YOU DOCTOR AND NEED HELP OR ADVICE RIGHT AWAY, GO TO THE EMERGENCY ROOM NEAREST YOU. IN THE EVENT OF A TRUE EMERGENCY CALL 911.

I (Patient/Escort) have read these instructions. I understand them and have no questions at this time.

_____, M.D _____
 Patient / Escort

MD OFFICE NUMBERS

Branford (203) 483.2509 Milford (203) 882.3373
 Guilford (203) 453.6340 Orange (203) 795.4784



Wallingford (203) 265.1800