

E. Edward Khalfayan, M.D.
Post-Operative Instructions Following Knee Arthroscopy

After General Anesthesia

1. Do not drive, operate machinery, consume alcohol, tranquilizers or sign legal documents for 24 hours or as long as you are taking narcotic pain medication.
2. Do not plan on going to work or school today, go home and rest.
3. Being with clear fluids and light foods and then progress your diet as tolerated. It is usually best to avoid heavy, greasy or spicy food the day of surgery.
4. Narcotics cause constipation, so increase the amount of fluids you drink along with fiber and fruit in your diet. Some over the counter medications to prevent or treat constipation are Metamucil, Citrucel, Colace, and DDS. You can also drink warm prune juice.
5. It is important to eat some food every time you take narcotic pain medications (even in the middle of the night). If you don't, you are more likely to have nausea. Usually a few crackers, some pudding, applesauce or a banana will suffice.
6. Some anesthetics can cause urinary retention. If you are having trouble emptying your bladder or have not urinated for eight hours after the anesthetic please call Dr. Khalfayan.
7. You can always reach Dr. Khalfayan - day or night by calling **206-386-2600**. After hours, the answering service will page Dr. Khalfayan.

Dressings and Incision care

1. Keep the dressings and incisions dry for 2 days. You may shower with a cast bag or large plastic bag.
2. You may remove the dressings on day 2 and shower after applying waterproof Band-Aids (you can get them at a pharmacy, Safeway or QFC). Reapply the ace wrap and the TED hose until you are seen in the office.

Weight Bearing Status

- Non-weight bearing
- Touch-down weight bearing.
- Partial weight bearing with crutches _____ percent
- Weight bearing as tolerated. Discard crutches after 2-4 days

Activity

1. Before you leave the surgery center you will be instructed on the proper use of crutches.
2. Apply ice for 20 minutes every 1-2 hours while awake and elevate the knee above the heart to help with pain and swelling. Do not ice continuously. When elevating place pillows under your ankle or calf, not your knee. Avoid prolonged walking or standing, if your pain increases stop your activity
3. To help maintain circulation and muscle tone in your leg move your ankle and toes up and down every 30 minutes you are awake until you are more active.

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Medications

1. Once you are released from the surgery center start taking the pain medication on a regular schedule. When your pain is well controlled, take the pain medication as needed.
2. It is best to take the pain medication at the earliest sign of pain instead of waiting for it to worsen. The medication works best if you ice and elevate.
3. If you are running low on your medication please contact Dr. Khalfayan Monday-Friday 9am -5pm at **206-386-2600**, dial 0 and ask for his assistant, Devan. If you wait until the end of the day you may not get a refill that day. Please do not wait until Friday afternoon, as we may not be able to fill your prescription until Monday. Over the weekend, the on-call physician **WILL NOT CALL IN MEDICATION REFILLS**. Percocet cannot be called in to your pharmacy; you will need to have someone pick up a written prescription.
4. You may take Aspirin or anti-inflammatory medications (Ibuprofen, Motrin, Advil, Aleve or Naprosyn) unless specifically instructed not to by Dr. Khalfayan.

Symptoms to report immediately

1. Excessive bleeding or draining, especially bright red bleeding that soaks all the way through your dressing (some bleeding or pinkish drainage is common).
2. Excessive swelling not relieved by rest, elevation, and ice.
3. Excessive or unbearable pain (unable to sleep, eat or hold a conversation)
4. Itching accompanied by hives, welts or a rash, which may be an allergic reaction.
5. Flu-like symptoms (nausea, general body aches, chills, or a temperature over 101 degrees) for longer than 24 hours may be a sign of infection.
6. If you experience shortness of breath or chest pain **CALL 911**