



The First Name in Specialized Orthopedic Care

222 Middle Country Road
Suite 108
Smithtown, NY 11787

45 Crossways Park Drive
Woodbury, NY 11797

HOME CARE INSTRUCTIONS KNEE ARTHROSCOPY/SURGERY James M. Paci, M.D.

1. Day of Surgery – Instructions Immediate Post-op:

- A. Relax. Diet as tolerated.
- B. Ice to knee for twenty minutes every hour while awake until block wears off, then as tolerated.
- C. Pain medication as needed every 4-6 hours. Start before your block wears off. It is helpful to take pain medication approximately one-half hour prior to exercise session.
- D. Make sure that you have a Physical Therapy post-operative appointment preferably the day after surgery, but no later than the third post-operative day. Bring your physical therapy script and protocol.
- E. Use crutches as directed prior to leaving hospital/surgery center.

Special Note for Patients with Nerve Block:

- Do not leave ice machine running for over 20 minutes while block is effective due to risk of frost bite.
- Take pain medication prior to the block wearing off. Otherwise, the pain will get ahead of you.

2. First Post – Operative Day:

- A. Continue ice every one to two hours while awake, or at least twenty minutes prior to and after exercise session.
- B. Pain medication as needed.
- C. Exercise should be done to the best of your ability. Try to accomplish a little more each time you do them.
- D. You may remove your bandage from the surgical area and shower this evening. Cleanse arthroscopy sites with Dilute Peroxide or Betadine. Apply gauze to these wounds. **DO NOT remove steri-strips from incision sites, these keep incisions closed and the stitches in place.**
- E. You will need to keep your incision dry when taking a shower. Do this until sutures are removed. You can cover your incisions with a waterproof bandage (these can be purchased at your local pharmacy) when taking a shower. *Make sure you place a 2 x 2 gauze on the incision before placing the waterproof Band-Aid so the band-aid is not directly on the incision*
- F. Remove the Band-Aids and pat dry after showering. **DO NOT SUBMERGE YOUR INCISION SITE(S) IN A BATH OR POOL!!!!**

3. Second Post – Operative Day Until Return Visit:

- A. Continue ice as needed.
- B. Continue daily shower/band-aid routine.
- C. Continue exercises. Call your physical therapist if you have any questions about these exercises.
- D. Unless otherwise noted, you can bear as much weight on the affected leg as you can tolerate. Most patients use crutches 3 to 5 days, unless told otherwise. The amount of pain you experience should be your guide for discontinuing crutch use



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E. If there is no brace on your leg, you may bend the knee as tolerated.

F. If you have a brace or a splint on your leg, this must be worn for all walking activities. The brace may be removed for showering. It may also be removed for short periods of time while relaxing (while watching television, reading, etc.) as long as the leg is well supported. It should be worn for sleeping until told it is safe to be off for sleeping.

For Return Appointments:

4. A return appointment will be scheduled prior to your surgery and will be approximately 10-14 days from surgery. If you have any questions, please call our surgical coordinator at 631-719-9071.

A. Your first return appointment will take place in Dr. Paci's office in Woodbury or Smithtown. You will see Dr. Paci and/or his PA at this visit.

B. Your surgical photos will be reviewed at this visit and any questions will be answered. Your sutures will be removed, if they have not been removed by your physical therapist.

5. If you have any problems or questions, please call our surgical coordinator at **631-719-9071** and ask for Kristina during office hours 8:00 – 4:30. If you have a problem after hours, **call the main line at 516-536-2800**, follow the prompts, and the answering service will contact Dr. Paci or one of his partners.

Please call if you experience any of the following:

A. Excessive pain, not controlled by pain medication

B. Discomfort, swelling or redness in the calf (behind the leg, between the knee and ankle)

C. Temperature/Fever >101F or chills

D. Chest pain or shortness of breath

E. Excessive redness or discharge from or around the surgical site

7. It is our office policy that narcotic pain medications will not be refilled after hours. If you are running low on pain medication and need a refill prior to your scheduled appointment, please contact our medication line at **516-536-2800** and follow the appropriate prompts and they will have Dr. Paci determine if a refill will be ordered.

8. Any activity that requires precise thinking and accuracy must be avoided for the first twelve hours after surgery and while taking pain medication, which includes operating machinery and/or driving a vehicle.