

MATTHEW R. BYINGTON, DO
Orthopaedic Surgeon - Board Certified & Fellowship Trained
Sports Medicine & Arthroscopic Surgery
Knee & Shoulder Reconstruction
www.drmatbyington.com // www.prairie-ortho.com // www.KNEEbraska.com
PRAIRIE ORTHOPAEDIC Phone: 402-489-4700; Fax: 402-489-5220
DISCHARGE INSTRUCTIONS: KNEE SURGERY

MEDICATIONS / DIET

Eat only light, non-greasy foods today & Take your medication with food,

While taking pain medicines, **DO NOT** operate a vehicle, heavy machinery or appliances

While taking pain medicines, **DO NOT** drink alcoholic beverages

While taking pain medicines, **DO NOT** make critical decisions or sign legal papers

If you have any reactions to your medicines, stop taking them and call my office immediately

It is best to confirm with your Primary Care Doctor that you are okay to take these medications:

Pain Medication: Take as directed. **Examples:** Tramadol, Oxycodone or Hydrocodone. Take 1-2 tablets every 4-6 hours as needed for pain. If you have no pain, do not take these pills. You can additionally take Tylenol 500mg 1-2 tablets every 6 hours as needed

Anti-inflammatory Medications: If your pain is uncontrolled with above pain medication and if okay with your primary care doctor. Don't take if you are on a blood thinner, have kidney disease or history of ulcers.

Examples include: Aleve 500 mg every 12 hours -OR- Ibuprofen 800 mg every 8 hours

Nausea Medication: Please contact our office if you need a prescription. Nausea is a common side effect of pain medication and anesthesia. Take your pain medication with food to try and reduce the chance of nausea. **Example:** Zofran (Odansetron) 4 mg every 6 hours

Aspirin 81 mg (baby aspirin), one pill in AM and one pill in PM 2 weeks to reduce risk of blood clots. Do not take if you are on blood thinner or have stomach ulcer history

Example of how to take pain medications (if not allergic to or if no ulcer history):

- **Tylenol (extra strength)** 500-1000 mg every 6 hours
- **Aleve** 2 tablets in AM and 2 tablets in PM (if not on blood thinner),
- **Oxycodone (if prescribed)** 1 tablet every 4 hours scheduled for the first few days and additional tablet(s) as directed every 4-6 hours as needed for breakthrough pain –or-
- **Tramadol (if prescribed)** 1 tablet every 4 hours scheduled for the first few days

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and additional tablet as directed every 4-6 hours as needed for breakthrough pain.

Please keep in mind that **constipation** is a very common side effect of taking narcotic pain medication. We recommend that patients take precautions to prevent constipation:

- Drink plenty of water (6-8 glasses of 8 oz. a day)
- Avoid alcohol, caffeine, and dairy products
- Eat plenty of fiber (fruits, vegetables and whole grains)
- Take an over the counter stool softener (**Colace, Miralax, or Dulcolax**)

ACTIVITY / EXERCISE

WEIGHTBEARING STATUS FOR SURGICAL LEG:

- WEIGHTBEAR AS TOLERATED
- NONWEIGHTBEARING
- TOE-TOUCH WEIGHTBEARING (LESS THAN 5 POUNDS)

Exercises:

You may bend your knee as much as the dressings & brace will allow
You may practice quadriceps muscle tightening and straight leg raises every hour
Please continue to move your ankle up and down and tighten and relax your calf muscles several times every hour to help reduce swelling and prevent blood clots

Please use your CRUTCHES / WALKER until your first post-operative visit
The optimal position of the leg after surgery is for you to be lying flat with your ankle higher than your knee and your knee higher than the heart to reduce swelling

ICE: It is beneficial to use ice for at least a few days to reduce swelling. Please apply **ice** to the knee for the **first 72 hours** for: **40 minutes at a time every 4 hours.**

Do not apply ice directly to skin. **Do not** allow ice to melt / leak onto your dressing or wound

DRESSINGS / SHOWER

Please keep dressing dry

It is normal to expect some bloody drainage through your post-op dressing

Please reinforce your dressing with a dry sterile dressing

Loosen the ace wrap around your knee if it becomes too tight or painful

No tub baths until instructed by doctor

If instructed, you can **remove your dressings 3 days after surgery and you can shower** after they have been removed. Do not rub over your incisions.

Keep your stitches in place until seen at follow-up appointment

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SMOKING / NICOTINE: Please know that using nicotine products (smoking cigarettes, chewing tobacco, etc...), can lead to poor healing and potentially worsen your outcome. Please quit and if you can't quit, cut back as much as possible.

EMERGENCY / FOLLOW-UP

My clinic phone number at Prairie Orthopaedic & Plastic Surgery, PC is: (402) 489-4700

For urgent calls after hours, please call our Answering Service at: (402) 474-3434

Please notify my office if you develop any fever (101° or above), unexpected warmth, redness or swelling

Please call if your digits become cold, purple, numb, or there is excessive bleeding

Please call the office within 24 business hours to schedule a follow up appointment if one has not already been provided for you.

Please call the office before 3pm on Friday if you do not have enough pain medicine for the weekend. Narcotic pain medication cannot be called into your pharmacy and the prescription must be picked up at our office