

Central Texas

Sports Medicine & Orthopaedics, P.A.

Knee Arthroscopy—Lateral Release Post Operative Instructions

Activities:

- Ice and elevate knee
- Elevate leg on pillows. Place pillows under calf and lower leg
- Day of surgery—use ice every 3 hours for 30 minutes
- After 24 hours, use ice at least 3 times per day for 30 minutes
- You may bear weight as tolerated
- No driving for 24 hours or while taking pain medication

Wound Care:

- You will leave the hospital with an ace wrap dressing on your knee. If swelling or discoloration of the foot and ankle occur, the bandage may be too tight. Remove the ace wrap and re-wrap lightly.
- You may remove the dressing 48 hours after surgery and apply occlusive type band-aids to the incisions
- Reapply the ace bandage. Use ace bandage over knee until seen at one week appointment.
- Take a shower with the band-aids on, then change the wet band-aids immediately after your shower. **DO NOT** soak in a tub. **Keep incisions clean and dry.**
- Expect to have some drainage from the incisions for a few days

Pain Medications:

- **Lortab (hydrocodone)**. You may take one tablet every 6 hours **as needed** for pain
- **Toradol (Ketorolac)** (anti-inflammatory medication) – **start the day after surgery and take one with breakfast, lunch, and dinner for 5 days.**
- **While taking the Toradol, DO NOT take Advil or Aleve**
- After 5 days of Toradol (Ketorolac) take Advil (Ibuprofen) as needed for inflammation and pain
- We recommend taking these medications with food

Warning Signs:

- Call the office if you experience any of the following
 - Persistent or increased pain
 - Significant swelling in your knee
 - Increasing pain in your calf muscle
 - Fever greater than 101 degrees

Follow-up Appointment:

- Call the office if you have not scheduled your one week follow-up appointment
- After hours, if you have any questions or concerns, call **(979) 776-0169**