

## Post-Operative Instructions: Arthroscopic Lysis of Adhesions and Manipulation

### Diet:

- Begin with clear liquids and light foods (jellos, soups, etc).
- Progress to your normal diet if you are not nauseated.

### Wound Care:

- Maintain your operative dressing, loosen bandages if swelling of the foot or ankle occurs.
- It is normal for your knee to bleed and swell from your surgery- if blood soaks onto your ACE bandage, do not become alarmed – reinforce with additional dressing.
- Remove your surgical dressing on the 3<sup>rd</sup> post-operative day- if minimal drainage is present, apply band-aids or clean dressing over the incisions and change daily – you may then shave as-long-as the wound remains sealed with a band-aid.
- To avoid infection, keep your incision clean and dry – you may shower after transitioning to water-proof bandages– NO immersion of the operative leg in water (i.e. bath)
- You may stop wearing your Stockings after taking down the bandage.

### Medications:

- Primary Medications:
  - 1. Norco 5/325 – take 1-2 every 4-6 hours as needed for pain (Rx for 30)
  - 2. Diclofenac 75mg – take 1 pill with breakfast and one pill with dinner (Rx for 40)
- Common side effects of Norco pain medication include nausea, drowsiness, constipation – to decrease these side effects, take with food – if constipation occurs, consider taking an over the counter laxative.
- If you are having a problem with nausea and vomiting please take one of your anti-nausea medications – Zofran. If still having issues please call our office for a possible medication change.

### Activity:

- Elevate the operative leg to chest level whenever possible to decrease swelling.
- Do not place pillows under knees (ie do not maintain a knee in a flexed or bent position), but rather place pillows under foot/ankle.
- Use crutches to assist walking – You can weight bear as tolerated.
- Do not engage in activities which increase knee pain and swelling (prolonged standing or walking) over the first 7-10 days after your surgery.
- Avoid long periods of sitting (without your leg elevated) or long distance traveling for 2 weeks.
- May return to sedentary work ONLY or school in 3-4 days after surgery, if pain is tolerable.
- **Goals: full extension (Straightening) to as many degrees of flexion (bending) as you can get (>100) at your first post-operative appointment**

### Ice Therapy:

- Begin immediately after surgery

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- Use Ice every 2 hours for 20 minutes daily until your first post-operative visit – remember to keep leg elevated to the level of the chest when icing.

#### **Exercise:**

- Begin exercises the day of your surgery (straight leg raise, towel exercises, heel slides, ankle pumps) unless otherwise instructed by Dr. Keller.
- Discomfort and knee stiffness is normal for a few days after surgery – it is safe and, in fact, preferable to bend your knee (unless otherwise instructed by Dr. Keller.)
- Complete exercises 3-4 times daily until your first post-operative appointment- your goals are to have full extension (straightening) and 90 + degrees of flexion (bend) by your first post-op appointment unless otherwise instructed by Dr. Keller.
- Do ankle pumps continuously throughout the day to reduce the possibility of a blood clot in your calf (extremely uncommon)
- Formal physical therapy (PT) should begin by the day after your surgery.

#### **Emergencies:**

- Contact Dr. Keller if any are present:
  - Painful swelling or numbness
  - Unrelenting pain
  - Fever (>101) or chills. It is normal to have a low-grade fever after surgery.
  - Redness around the incision
  - Color change in toes or feet
  - Continuous draining/bleeding from the incision (small amounts are completely normal)
  - Difficulty Breathing
  - Excessive nausea.

**\*\*\*If you have an emergency please contact Dr. Keller before going to a hospital or emergency room.**

#### **Follow-up Care/Questions:**

- Please contact Katharyn Chernicky, Dr. Keller's assistant at 248-659-0190. OR email Dr. Keller at [RKeller@DL-Ortho.com](mailto:RKeller@DL-Ortho.com).
- If you do not already have a post-operative appointment, please call and schedule by calling 248-650-2400 and asking for appointment scheduling.