

MR #

Case ID #

DOS

Patient Name

DOB

Age

Sex

Surgeon

Operative Procedure

Doctor:

If you experience problems that you feel warrant the attention of a physician and cannot reach your surgeon through his / her office number, please call Bozeman Deaconess Hospital at 406-585-5000 to have the surgeon on call paged or go to the nearest emergency room. In the event of an extreme emergency please dial 911.

Activity:

1. Rest quietly for 1-2 days with your surgical leg elevated and hyper-extended with 2 pillows under the heel.
2. Crutches should be used for the first 3-5 days then you can bear weight to pain tolerance.
3. Start using the extension device on the day of surgery (see handout for instructions).
4. If ordered by physician, start using the Continuous Passive Motion (CPM) machine the day of surgery (see handout for instructions).
5. If ordered by physician, hinged knee brace should be worn any time you are up walking.
6. You should have someone with you for the first 24 hours after you return home. It is not unusual to feel tired or drowsy the day after surgery. You may also experience mild headaches, muscle aches, sore throat or slight nausea after surgery. These symptoms should resolve in a day or two.
7. You may not drive for 24 hours after anesthesia, any time you are taking narcotic pain medication, or while on crutches or wearing a knee brace. You should not operate machinery or make important decisions during this time.

Medications:

1. Get all prescriptions filled and take as directed. Take pain medication on a regular schedule for the first 1-2 days. Set your alarm and take a dose during the night to keep pain under control. Always take pain medication with food and plenty of water.

Prescription given

2. First dose of _____ was taken at _____
3. You may resume your regular medications

Exceptions: _____

4. Starting tomorrow to decrease your risk of developing a blood clot, take one enteric coated aspirin 325 mg daily with food for 3 weeks.
5. For uncontrolled pain after surgery you may supplement with over the counter Tylenol / Acetaminophen as directed on the bottle.
6. To prevent constipation caused by narcotics it is highly recommended that you take a stool softener (Miralax, Colace), available over the counter, every day you are on narcotics and until bowel habits return to normal.

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Wound Care:

1. Keep dressing clean, dry and intact
 - Ice the operative site for 20 minutes out of every hour while awake for the next 3 days. To prevent frostbite use a cloth barrier between the skin and ice.
2. 24 hours after surgery:
 - Remove drain tube
 - 1) Turn down ace wrap on thigh and remove wide piece of white tape
 - 2) Pull drain tube all the way out and discard
3. 48 hours after surgery:
 - Remove your dressing
 - You may shower and wash knee with soap and water after the dressing is removed. No soaking surgical site in bathtub, hot tub, or pool until cleared by surgeon.
 - Begin wearing your TED stocking on operative leg at all times for 3 weeks to decrease swelling and reduce your risk of developing a blood clot. Remove TED stocking for showering and physical therapy ONLY.

Diet:

1. For today eat lightly, increase your diet as tolerated
2. Drink plenty of fluids and increase fiber intake to help avoid constipation
3. You should not drink alcoholic beverages for the next 24 hours or while taking narcotic pain medication

*** Follow up with your surgeon's office as instructed**

Notify MD / PA if you experience:

1. Severe pain unrelieved by medication
2. Persistent nausea and vomiting
3. Excessive bleeding (bright red blood that saturates your dressing)
4. Fever over 102°
5. Shortness of breath
6. Signs of infection at your incision site: redness, increased tenderness, foul odor, or discharge
7. Inability to urinate 6 hours after leaving the surgery center

Your leg was blocked (numbed) to help decrease pain for up to 24 hours. Pain medications may take 30-60 minutes before they begin working so it is important to start them with your first meal when you get home. Once you start pain medications stay on a schedule through the night.

Remember you have no control over your blocked leg. Do not try to use it because you could unintentionally injure it or fall. Your leg is numb so you will not feel heat, pressure or pain that normally would forewarn you of harm. Protect your leg until the block wears off completely.

Notify the anesthesiologist on call through Bozeman Deaconess Hospital at (406) 585-5000 if you experience:

1. Redness at the injection site
2. Persistent numbness or weakness in extremity 48 hours after surgery

The above discharge instructions have been received and understood by me.

Relationship

Date

Signature

RN signature

Date

Time