Dr. George Sutherland

**DISCHARGE INSTRUCTIONS FOR KNEE MANIPULATION**

1. Keep your leg elevated on at least 2-3 pillows. To avoid pressure behind the knee, never place a pillow under the back of the knee. Keep ice on the operative knee as much as you can tolerate throughout the day for 2-3 days following your surgery. Never place ice directly on the skin.

2. Wiggle your toes and ankle hourly while awake until seen by your surgeon. This will circulate the blood from your toes to your heart and help prevent blood clots.

3. If you received a regional leg block today, you will need to use crutches or a walker when standing or walking until the block has completely worn off. Unless, your doctor has said otherwise, you will be weight bearing as tolerated. You may need crutches, cane, or walker for stability for the first 2-3 days. You should be rid of the ambulatory aide within 2-3 days following your procedure.

4. Take your pain pills as prescribed, but remember, narcotics can make you sleepy, nauseated or constipated so take them with plenty of food and water. You may take a mild laxative or a stool softener, such as Colace, as needed. No alcoholic beverages while taking pain medications.

5. May resume home medications as directed by physician. Diet as tolerated. No spicy or greasy foods are recommended the day of surgery.

6. You will need to be seen by your physical therapist daily to ensure that you do not loose range of motion again. Please make arrangements to be seen at those visits.

It is normal to feel pain in your knee after manipulation, but call the doctor’s office at (843)705-9401 if you experience any of the following:

1. Increased redness, swelling, bleeding, or pain unrelieved by medication after 2-3 doses.
2. Fever above 101 degrees
3. Chest pain or Shortness of breath- **CALL 911**

Your post-operative appointment is scheduled for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

At \_\_\_\_\_\_\_\_\_\_\_ o’clock in the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ office.

**Nerve Block Instructions**

**Purpose of a Nerve Block:**

You have received a nerve block today to provide you with post-op pain control. The nerve block takes away your ability to move the affected limb, feel pressure and sensation to touch, and blocks changes in temperature.

**Type of Block given:**

Lower Body: Femoral Popliteal Ankle

**Pain Control:**

You will feel limited movement and sensation in the affected limb from 12-24 hours. (This is an estimate, everyone is different)

When you leave the hospital be sure to have your pain medication filled, and start taking immediately as prescribed. Do not wait for the block to wear off.

If you are having a total joint as an inpatient procedure (staying overnight), your block will have worn off before you leave the hospital.

**Activity:**

Lower Body- Knees, Ankles, and Feet:

Keep your foot elevated and protected on pillows (do not place under the knee)

If you are allowed to walk after surgery, limit your walking for 24 hours or until full feeling has returned in your leg and foot.

**Do not allow anything hot to touch your affected limb. Your ability to sense heat has been diminished because of your nerve block.**

**Dr. Sutherland’s**

**PAIN MEDICATION LIST**

**\*\*\*YOU MAY NOT RECEIVE ALL OF THESE MEDICATIONS, THIS IS A LIST THAT DESCRIBES THE MEDICATIONS THAT COULD BE GIVEN\*\*\***

**Primary Pain Medications given after surgery:**

**-Hydrocodone (Vicodin, Norco, or Lortab)**

**-Oxycodone (Percocet)**

Follow the instructions on the bottle for these given medications. If the medication is not easing you pain as prescribed you may take 1 pill every 4 hours or 2 pills every 6 hours. DO NOT take it more than this, as serious health problems may arise.

**Side effects of Pain Medication:**

-Constipation: Take whatever works for you. There are some options below:

* Prune Juice
* Senekot
* Miralax
* Colace or Pericolace

-Nausea: If you were given a prescription for Zofran/ Phenergan, take as prescribed. If you we not given a prescription, call Sara at (843) 705-9401.

-If given Oxycontin, take 2 tablets daily (1 in AM, 1 in PM). Do not take more than this as it is a long lasting pain medication. You will only be given 6 pills to last 3 days. If you have pain in between these 2 doses, take the Hydrocodone or Oxycodone as prescribed above.