

Pre/Post Operative Instructions for Knee & Shoulder Surgeries

- **Pre op instruction:**

- If you use any blood thinner or cortisone medications, please confirm with your primary doctor when to stop and resume these medications.
- You will receive a call when to be present at the day of surgery.
- We will run some investigations, before the surgery and you visit the Anesthesia clinic to discuss your results and type of anesthesia you need.
- Every surgery has specific days off from work. Then you can resume your work normally.
- The physiotherapy is essential after the surgery. It needs time and work from you to reach the maximal benefit from surgery. There is specific rehabilitation protocol for you surgery to follow at www.fahadortho.com

- **The night before surgery:**

- Remove any hair (if any) at the site of surgery.
- Stop eating or drinking after midnight.
- If you are smoker, stop smoking after midnight.
- If you need to take any bills, use only sips of water.

- **General care post op:**

- Remove dressing on post-operative day (POD) 3.
- Do not remove tapes ("steri-strips") from skin if some have been applied.
- It is normal to see bloody soaked fluid on bandage.
- NEVER apply any lotion or ointment over the wound.
- Sutures will be removed at your ~2 week follow-up visit.

- **Showering:**
 - You may shower on post-operative day 1, wound must be covered and stay dry until sutures out.
 - Replace dressing only as needed with gauze dressing or BAND-AIDS. Under sterile condition,
- **Weight-bearing:**
 - You may weight bear as tolerated with crutches. (knee Surgeries)
 - In Knee surgeries, crutches are typically necessary for approx. 2-3 weeks. You can discontinue using your crutches when your therapist feels that you have good quadriceps muscle control.
- **Controlling discomfort after surgery:**
 - Pain levels are highest on days 1 thru 3 post op, will go away day by day.
 - Apply ice to the area for 20 minutes each hour that you are awake.
 - Do not use more than 20 minutes each hour while awake. A cryotherapy machine is not necessary, but not prohibited.
 - Elevate your leg above your heart level to control swelling. (knee Surgeries)
 - Take prescribed pain medication every 3-4 hours as needed.
 - You may use NSAIDs (Celebrex) in combination with narcotic pain meds (as prescribed). Use as directed on the bottle.
 - Sleep on your back with pillow under heel. Do **not** put a pillow under your knee. (knee Surgeries)
- **Scar Massage:**
 - May be done when the incision is fully healed.
- **Driving:**
 - Not allowed while on narcotics or if a brace or sling is necessary.

- **Brace/Splint/Crutches:**

- The crutches are needed for up to 6 weeks depending on your muscle control; most only for 2-3 weeks. Your therapist will tell you when you are safe to discontinue using the crutches. (knee Surgeries)
- You must use the brace for walking until the 2-week appointment. We suggest using the brace at night as well for the first 1-2 weeks for comfort and to protect against sudden movements that may injure your knee.
- In Shoulder surgeries, keep the arm sling up to 4-6 weeks, or as directed by Dr.Fahad.

- **Physical therapy:**

- Please try to organize therapy to start as soon as possible after your surgery.
- A standard protocol is used in all patients, you can find it in the website. The therapist must follow this protocol.
- If you don't follow the rehabilitation protocol, the surgery will be failed!

- **Post-operative clinic visit:**

- Scheduled first post-op visit 2 weeks after your operation in Dr. Fahad Sports Medicine clinic.
- First appointment is for suture removal and examination.
- Please contact Dr. Fahad if you have any question or concern at contact list at the bottom of this page.
- If pain not controlled with prescribed medication, fever, wound drainage or there is redness around the wound, please go to emergency department immediately to be seen by On-call doctor.