

Post-Surgical Care Plan: Knee Arthroscopy

Patient: Shilo Sanders

Surgery Date: April 25, 2025

Surgeon: Dr. Emily Johnson

Patient ID: #37284

Important Contact Information

- **Surgical Team:** (555) 123-4567
- **Physical Therapy Department:** (555) 123-8910
- **Emergency After-Hours Line:** (555) 123-1111

General Recovery Guidelines

- Keep the surgical area clean and dry
- Use crutches as directed for the first 3-4 days
- Elevate your leg when sitting or lying down
- Apply ice for 20 minutes every 2-3 hours while awake
- Do not drive while taking prescription pain medication
- Call immediately if you experience: fever over 101°F, excessive drainage, severe pain unrelieved by medication, or spreading redness

Daily Recovery Plan

Day 1: Saturday, April 26, 2025

Medications:

- Hydrocodone/Acetaminophen 5/325mg: Take 1 tablet every 6 hours as needed for pain (Max 4 per day)
 - 8:00 AM
 - 2:00 PM
 - 8:00 PM
- Ibuprofen 400mg: Take with food every 8 hours
 - 8:00 AM
 - 4:00 PM
 - 12:00 AM

- Aspirin 81mg: Take 1 tablet at 9:00 AM with breakfast

Activities:

- Rest with leg elevated above heart level
- Apply ice pack for 20 minutes at 10:00 AM, 2:00 PM, 6:00 PM, and 10:00 PM
- Ankle pumps: 10 repetitions every hour while awake
- Quad sets: 10 repetitions, 3 times today

Restrictions:

- No weight-bearing on surgical leg
- Keep surgical dressing clean and dry
- No showering today

Day 2: Sunday, April 27, 2025

Medications:

- Hydrocodone/Acetaminophen 5/325mg: Take 1 tablet every 6 hours as needed for pain (Max 4 per day)
 - 8:00 AM
 - 2:00 PM
 - 8:00 PM
- Ibuprofen 400mg: Take with food every 8 hours
 - 8:00 AM
 - 4:00 PM
 - 12:00 AM
- Aspirin 81mg: Take 1 tablet at 9:00 AM with breakfast

Activities:

- Rest with leg elevated above heart level
- Apply ice pack for 20 minutes at 10:00 AM, 2:00 PM, 6:00 PM, and 10:00 PM
- Ankle pumps: 10 repetitions every hour while awake
- Quad sets: 10 repetitions, 3 times today
- Gentle straight leg raises: 5 repetitions, 2 times today

Restrictions:

- Minimal weight-bearing with crutches as tolerated
- Keep surgical dressing clean and dry
- No showering today

Day 3: Monday, April 28, 2025

Medications:

- Hydrocodone/Acetaminophen 5/325mg: Only if needed for breakthrough pain
 - Take no more than 3 tablets total for the day
- Ibuprofen 400mg: Take with food every 8 hours
 - 8:00 AM
 - 4:00 PM
 - 12:00 AM
- Aspirin 81mg: Take 1 tablet at 9:00 AM with breakfast

Activities:

- Begin short walks with crutches around your home
- Apply ice pack for 20 minutes at 10:00 AM, 2:00 PM, 6:00 PM, and 10:00 PM
- Ankle pumps: 15 repetitions every hour while awake
- Quad sets: 10 repetitions, 3 times today
- Straight leg raises: 10 repetitions, 3 times today
- Seated knee flexion: 10 repetitions, 2 times today

Appointments:

- Dressing change appointment with nurse at 10:30 AM

Restrictions:

- Partial weight-bearing with crutches
- You may shower today if surgical dressing is changed

Day 4: Tuesday, April 29, 2025**Medications:**

- Transition to over-the-counter Tylenol for pain as needed
 - 8:00 AM: 1000mg
 - 2:00 PM: 1000mg, if needed
 - 8:00 PM: 1000mg, if needed
- Ibuprofen 400mg: Take with food every 8 hours
 - 8:00 AM
 - 4:00 PM
 - 12:00 AM
- Aspirin 81mg: Take 1 tablet at 9:00 AM with breakfast

Activities:

- Walking with crutches, increasing distance gradually
- Begin physical therapy exercises:

- Quad sets: 15 repetitions, 3 times today
- Straight leg raises: 15 repetitions, 3 times today
- Seated knee flexion: 15 repetitions, 3 times today
- Hamstring stretches: Hold 30 seconds, repeat 3 times, twice today
- Apply ice after exercises and as needed for pain

Appointments:

- Physical therapy evaluation at 2:00 PM

Restrictions:

- Partial weight-bearing with crutches
- Avoid prolonged standing or sitting
- No driving

Day 5: Wednesday, April 30, 2025

Medications:

- Tylenol as needed for pain, not to exceed 3000mg in 24 hours
 - 8:00 AM: 1000mg, if needed
 - 2:00 PM: 1000mg, if needed
 - 8:00 PM: 1000mg, if needed
- Ibuprofen 400mg: Take with food every 8 hours
 - 8:00 AM
 - 4:00 PM
 - 12:00 AM
- Aspirin 81mg: Take 1 tablet at 9:00 AM with breakfast

Activities:

- Continue home exercises as prescribed by physical therapist:
 - Quad sets: 15 repetitions, 3 times today
 - Straight leg raises: 15 repetitions, 3 times today
 - Seated knee flexion: 15 repetitions, 3 times today
 - Hamstring stretches: Hold 30 seconds, repeat 3 times, twice today
 - Standing weight shifts: 10 repetitions, 3 times today
- Walking with one crutch as tolerated
- Apply ice after exercises and as needed for swelling

Restrictions:

- Progress to weight-bearing as tolerated with one crutch
- Avoid stairs without assistance
- No driving

Day 6: Thursday, May 1, 2025

Medications:

- Tylenol as needed for pain, not to exceed 3000mg in 24 hours
 - 8:00 AM: 1000mg, if needed
 - 2:00 PM: 1000mg, if needed
 - 8:00 PM: 1000mg, if needed
- Ibuprofen 400mg: Take with food, only as needed for pain/swelling
- Aspirin 81mg: Take 1 tablet at 9:00 AM with breakfast

Activities:

- Continue home exercises as prescribed by physical therapist:
 - All previous exercises
 - Add gentle mini-squats: 10 repetitions, 2 times today
 - Walking without crutches for short distances inside home as tolerated
- Apply ice after exercises and as needed for swelling

Appointments:

- Follow-up with Dr. Johnson at 9:00 AM
- Physical therapy session at 11:00 AM

Restrictions:

- Progress to full weight-bearing as tolerated and as directed by physician
- You may drive if you are no longer taking narcotic pain medications and feel confident in your ability to brake quickly
- Return to work based on Dr. Johnson's evaluation

Wound Care Instructions

- Keep incision area clean and dry
- Watch for signs of infection: increased redness, warmth, drainage, or fever
- Do not submerge knee in water (bath, pool, hot tub) until cleared by your surgeon
- Change dressing as directed by your healthcare provider

Nutrition Guidelines

- Stay well hydrated (8-10 glasses of water daily)
- Eat protein-rich foods to support healing (lean meats, eggs, beans, dairy)
- Include vitamin C-rich foods to support tissue repair (citrus, berries, peppers)
- Maintain regular bowel movements (increase fiber if constipated from pain medication)

Warning Signs – Call Immediately If:

- Fever over 101°F
- Excessive pain not controlled by prescribed medications
- Calf pain, swelling, or tenderness
- Excessive drainage or bleeding from incision sites
- Increased redness or warmth around the incision
- Shortness of breath or chest pain

This care plan is personalized based on your specific procedure. Follow all instructions carefully and contact your healthcare team with any questions or concerns.