

Orthopaedic and Spine Institute
21 Spurs Lane, Suite 245, San Antonio, TX 78240
www.saspine.com
Tel# 210-487-7463
Joel B. Nilsson, M.D., P.A.

Arthroscopic Lateral Release Post-Op Instructions

Your operation was performed through two or three small incisions. The interior of your joint was visualized with a small telescopic device and a tight ligament on side of your kneecap released from the inside. You may experience fluid or swelling in the joint and in the area where this ligament was cut. This is usually due to fluid used during your surgery or bleeding into the joint. This fluid is usually reabsorbed by your body over time. If it is significantly painful, this fluid may be removed at the time of your first postoperative appointment.

Dressing: There is a soft compression dressing around your knee. This dressing should feel comfortable and will absorb any drainage from your knee. The dressing may become moist from blood or arthroscopic fluid; this is not a cause for alarm. If the area in question is exceptionally large or continues to bleed, please call the office 210-487-7463. Your physician or physician assistant will give you specific instructions concerning your dressing. You can remove the dressing three days after surgery and begin showering. However, please reapply the ACE wrap around your knee after showering until your 2week visit.

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Ice Cuff: The ice cuff is worn for the first 3 days. Wear the cuff for 3 hours and take it off for 1-2 hour intervals. Reapply the ice cuff thereafter whenever you notice swelling.

Wounds: There may be small stitches in the incisions. The incisions may be sore and may bruise. Keep the incisions clean and treat them like any small cut in the skin. If you have Steri-Strips over the incisions, leave them on until instructed to remove them.

Activity: Crutches may be necessary during the first 1-2 weeks following surgery, when you will be unable to put full weight on the operated leg. To relieve pain and reduce swelling, keep your leg elevated above your heart. Do ankle range of motion frequently. You may weight bear as tolerated unless otherwise instructed. Do not run, jog, or engage in any sports activities until you receive permission and instructions from the physician or physician assistant.

Bathing: Do not get your operative site wet for 3 days after the date of surgery unless permitted by your physician. At that point you may shower but don't bathe or swim until cleared by your physician or PA.

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Pain: Upon discharge from the hospital you should have a prescription for pain medication. Please take the pain medication with food. Do not drink alcoholic beverages or drive if your are using pain medications.

Precautions: If you develop a fever (temperature greater than 101 degrees Fahrenheit or 38.3 Celsius) or chills, or any undue symptoms such as unexpected pain, redness, swelling in your legs, rash, blisters, numbness, tingling, itching, hives or shortness of breath, please contact our office (210) 487-7463. If you have a problem or question, do not hesitate to call the office. The answering service will handle your calls to the office after hours and on week-ends and one of the Spine and Orthopedic Institute clinicians will be available. **If you have an emergency, call 911.**