

Kansas City Bone & Joint Clinic
Division of Signature Medical Group of KC, PA

Overland Park: Corporate Medical Plaza, Building #1 10701 Nall Ave., Suite 200, Overland Park, KS 66211

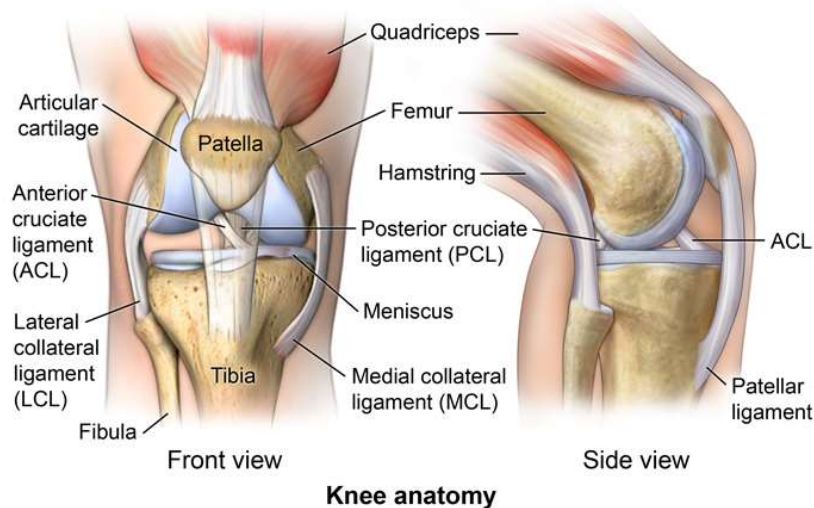
Lee's Summit: 3151 NE Carnegie Dr., Suite B, Lee's Summit, MO 64064

Advent Health South: Medical Building, 7840 W. 165th St., Suite 280, Overland Park, KS 66223

Phone: 913-381-5225 | Fax: 913-901-0186

www.KCJB.com

Post-Operative Instructions for Knee Arthroscopy



Pre-Operative Instructions:

- Do not eat or drink after midnight the night before surgery. This includes chewing gum, candy, and mints. No smoking or use of tobacco products.
- You will need to obtain crutches if you do not already have them and bring them with you the day of surgery.
- Stop all blood thinners 5-7 days prior to surgery, unless directed otherwise. This includes Coumadin, Aspirin, Eliquis, Xarelto, etc.
- Stop all anti-inflammatories 5-7 days prior to surgery. This includes Aleve, Mobic, Ibuprofen, etc.
- Stop all herbal supplements and over the counter medications 5-7 days prior to surgery.
- Plan to spend approximately 4 hours at the surgery facility.
- Arrange for someone to drive you home and stay with you through the night after your surgery.
- You should have a post-operative appointment set up for approximately 2 weeks after surgery. If you do not, please call the office at 913-381-5225

Post-Operative Instructions:

- Elevate your leg above your heart level. Ice the knee (20 minutes on/1 hour off) for the first 2 days and then as needed for comfort.
- Perform ankle circles to increase circulation and decrease swelling. These should be performed several times daily.
- Keep dressings in place for 2 days.
- You may take off the dressing, shower and get the incisions wet on the second day.
- DO NOT soak in a tub or pool for 14 days after surgery.
- You may want to re-wrap your knee with the ace wrap for continued support and to help keep the swelling down.
- Use your crutches to get around as needed and discontinue them as you feel more comfortable.

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- Remember to do the range of motion exercises as soon as you leave the recovery room and continue to do them 3x daily until you see Dr. Salin in the office approximately 2 weeks after surgery.
- Take your anti-inflammatory medication as prescribed to you.
- Take the pain medication on an as needed basis only. Be aware that a common side effect of some pain medications is constipation. It is important to remain well hydrated and include fiber in your diet. You may use an over-the-counter stool softener or laxative if necessary.
- Start slowly with your diet, progressing from clear liquids to a regular diet. Avoid heavy or greasy foods the first 24 hours after surgery.

EXERCISES FOR KNEE REHABILITATION

1. QUAD SETS

Tighten front thigh muscle (quadriceps) by trying to push the back of the knee to the floor. Repeat 25 times 3 times per day.



3. HEEL SLIDES

Go ahead and BEND your knee, it will get stiff if you keep it straight all the time. You may do heel slides or sit in a chair and let your knee bend. Repeat 15 times 3 times per day.



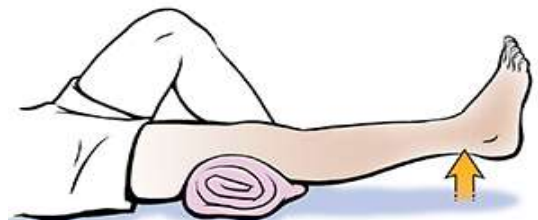
2. STRAIGHT LEG RAISES

Tighten your thigh muscle and lift your leg 8-12 inches. Hold 4-6 seconds. Slowly lower your leg. Repeat 10 times 3 times per day.



4. KNEE EXTENSION

Push your knee gently to the floor and hold for 5 seconds. Repeat 10 times 3 times per day.



Dr. Salin

Surgery Time

The hospital/surgical facility may change the order of the surgical cases for your surgical day, depending on the necessary equipment needed and to accommodate rooms/staff/reps. All surgical patients will be notified the day before surgery by the hospital/surgical facility with the exact time to check-in and any instructions.

Any time that is given to you by Dr. Salin's surgical coordinator is TENTATIVE.

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Prescription Policy

We will gladly assist our patients in obtaining appropriate medication refills during normal business hours. **Please allow 24 hours** for all refill request to be completed.

However, we **will not** refill narcotic prescriptions after 3pm on Fridays, and **we will not refill any** prescriptions after normal business hours or on weekends.

Please plan ahead to avoid any problems.

Thank you,
KCBJ Staff

Opioid-Induced Constipation

Opioids, a type of prescription pain medication, can trigger a specific type of constipation known as opioid-induced constipation (OIC). Opioid drugs include pain medications such as:

Oxycodone (OxyContin)
Hydrocodone (Zohydro ER)
Tramadol
Codeine
Morphine

These medications are effective because they block pain signals by attaching to receptors throughout your nervous system. These receptors are also found in your bowels.

When opioids attach to receptors in your gut, it lengthens the amount of time it takes stool to pass through your gastrointestinal system.

Opioid-Induced Constipation Medication

Over the counter (OTC)

- **Stool Softener:** these include Docusate (Colace) and Docusate Calcium (Surfak). They increase the amount of water in your colon and help stools pass easier.
- **Stimulants:** These include Biscacodyl (Ducodyl, Dulcolax) and Senna-sennosides (Senokot). These induce bowel activity by increasing intestinal contraction.
- **Osmotics:** Osmotics help fluid move through the colon. These include oral magnesium hydroxide (Phillips Milk of Magnesia) and polyethylene glycol (MiraLAX).

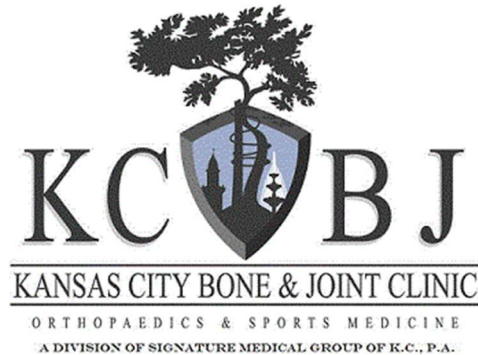
In order for these medications to work, you need to be plenty hydrated. Increase your fluid intake by consuming water, coffee, Gatorade, or Pedialyte. AVOID: teas, alcohol, and milk.

Dairy naturally slows down digestion. Avoid dairy products while using opioids. Fatty and processed foods are difficult to digest and may make OIC worse. Limit your intake of trigger foods, such as fast foods and junk foods.

If the medications listed above or the medications you are given post-operatively do not work, you can try this:

Go to your local pharmacy and purchase a bottle of magnesium citrate and a box of Miralax capsules. Try taking 1/3 a bottle of Magnesium Citrate. You can mix it with water or 7UP soda if needed. Then, wait 45-60 minutes and repeat until the bottle is empty. If this does not work, you can try taking Miralax 1 capsule per hour until you have relief.

Please call the office if you have questions of if this does not work.



Surgical Financial Statement

SURGERY DEPOSIT- If you have not met your deductible or have an insurance co-pay, you will be required to make a surgery deposit prior to surgery that will be applied to your balance after insurance pays. Our office will call you with the pre-pay amount.

CHECK WITH YOUR INSURANCE- Some insurance plans require the patient to notify them of any scheduled surgery. Checking on your benefits will allow you to plan for any expenses. We will check for surgical authorization with your insurance as well as the hospital/surgical center.

CHARGES YOU MAY SEE- Typically, you will receive charges from several different companies including the surgeon, the surgical facility, the anesthesiologist, and sometimes lab companies.

WORKMAN'S COMPENSATION- If you are covered under workman's compensation, you typically will not see any of these bills. If you do get a bill, be sure to contact the billing provider with your employer to ensure they have your correct insurance information.

NOTICE OF PHYSICIAN OWNERSHIP- Several of our physicians have ownership in certain outside facilities. Please be advised that your physician may hold a financial interest in the surgical facility chosen for you surgery. A list of physician owners and facilities is available upon request.

CHARGES AFTER SURGERY- You will not be billed an office visit fee for a period of time, as long as that visit is related to the surgery, however you may have a charge for x-rays, supplies, or medications from a n injection if performed. A "co-pay" or coinsurance may be required by your insurance in this situation. This time frame is often referred to as a 'global period' (most likely for 90 days). If covered under workman's compensation, these fees will be covered.

FMLA- Please see attached form for information on FMLA/Disability Form completion. You may need to contact your employer/HR department, insurance company, etc. for this information.

DO NOT BRING THESE FORMS TO SURGERY, THIS MUST BE DONE PRIOR TO YOUR SURGICAL DATE.

Thank you for choosing Kansas City Bone and Joint Clinic to assist you with your needs.

MAIN OFFICE
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