



SPECIALISTS IN THE
MEDICINE OF *motion*



Dale Martin, MD

Knee & Shoulder Disorders
Sports Medicine

Please take a moment to look over the following instructions regarding your surgery. We know that surgery can be a very stressful experience for you and your family and that you may be nervous. This is normal, and we will make every effort possible to make your experience the best it can be! We are dedicated to achieving the best possible outcome for you. This takes a team effort often between you, us, and many other healthcare professionals.

The following packet will hopefully be informative and decrease your stress prior to surgery! There are many other great resources about your condition, knee & shoulder disorders, and sports medicine. We encourage you to learn more about Dr. Martin, your condition, and access links to help helpful websites and videos at www.OrthoHealth.com.

We strive for nothing less than excellence in our quest to help you be the best version of you. We look forward to seeing you on the day of surgery!



OCR

ORTHOPAEDIC & SPINE
CENTER OF THE ROCKIES



POST-OPERATIVE - KNEE SCOPE

If you or any family members have questions or concerns, please call me.

Stacy, MA: 970-419-7138

General Instructions:

You **MUST** have someone take you home after surgery **AND** stay with you for the first 12-24 hours.

Crutches, a cane, or walker can be used the first day or two after surgery if desired.

Medications:

Advil, Ibuprofen, and Aspirin need to be stopped 5 days before surgery. You can resume these after surgery for inflammation while using your pain medication.

Do not use additional Tylenol.

Please give 24 hours for any medication refills.

Wound Care:

You will be discharged from surgery with a large bandage over your knee. This can be removed 48 hours after surgery. Please leave white Steri-Strips on incisions if in place.

If you do have sutures, dry Band-Aids can be applied over them so that they don't rub on your clothes or sheets; replace after each shower.

Do not apply Neosporin or lotion to any of the surgical area.

Ice / Elevate above the hip level 1-3 times a day. The more you ice, the better. Let pain be your guide - if pain or swelling; rest / ice / elevate.

Showering:

You may shower without covering up the surgical area.

- NO Bathtub
- NO Hot Tub
- NO Pool