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SPECIALIZING IN SHOULDER & KNEE SURGERY

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PRE-OPERATIVE KNEE/ANKLE SURGERY INSTRUCTIONS

PRIOR TO SURGERY:

- * If you are in a formal physical therapy program, continue the therapy until the time of surgery. It will be helpful after surgery in returning your knee to its normal function and strength.
- * If you are not in a formal physical therapy program, maintain your strength and range of motion. If needed, we will give you some basic exercises to do at home to promote function and strength.
- * **Do not shave your knee or leg** as it will increase the bacterial growth on your skin.
- * Do not take anti-inflammatory medications (Aleve, Advil, Motrin, Naproxen), aspirin, herbal medicines, or diet supplements for ten days before your surgery, as this may affect bleeding during and after the operation.
- * Confirm your post-operative visit and first post-operative physical therapy appointments. Your first visit back to our office should be ~5 - 7 days after your operation and your first physical therapy appointment should be 5-7 days.
- * **The night before your surgery, do not eat or drink anything whatsoever after midnight.**

SURGERY DAY:

- * Wear loose fitting pants or shorts to the hospital. This is due to the fact that you will have to wear bandages and a cryocuff after your surgery.
- * You will be in the hospital approximately 6-8 hours. If you are required to stay overnight you will be in the recovery room for 1-2 hours and then you will be transferred to your room. Visiting hours are until ~8:00pm.

AFTER SURGERY:

- * Instructions will be given to you and your family that are specific to your type of surgery. Please follow these instructions carefully as they will help you during the initial days after surgery.
- * Call the office if you should have any questions after surgery. If there is an emergency, a physician is available to talk with you even if our office is not open.
- * Our office will call you ~24-48 hrs after your surgery to see how you are doing and to make sure everything is going as expected. Please feel free to ask any questions at this time.
- * It is not uncommon for patients to have an elevated temperature (up to 101°) after surgery which results from anesthesia and body position during the operation. If you have an elevated temperature, please take 10 deep breaths & cough 5 times each hour while awake to help open your lungs as this will help to bring your temperature back to normal. This common occurrence typically resolves after 3-4 days.



* Please do not bathe, swim, or soak after the operation for 3 weeks as this will increase your risk of infection. You will be given specific instructions related to your operation which explain how soon after surgery you may shower.

PAIN MEDICATION:

You will be given instructions for your specific surgery however, as a general rule, please adhere to the following protocol after your surgery:

As soon as you get home, take small bites of food (1/2 turkey sandwich, diluted Gatorade, chicken soup, crackers) and 30 minutes later take your first pain pill (Percocet). Repeat this process 45-60 minutes later and take a 2nd pain pill (Percocet). Repeat again 45-60 minutes later and take an Oxycontin (10mg small tablet of extended release Oxycodone). From this point forward, take Percocet 1-2 tabs every 4-6 hrs and Oxycontin 1 tab every 12 hours. It's important to stay ahead of pain, but do not take the pain pills if you are sedated.

These medications will cause constipation. Please stay ahead of this by using a stool softener such as Peri-Colace and dried apricots, figs, and/or prunes several times per day. IF you become significantly constipated, Dulcolax tablets and suppositories as well as an enema may be necessary.

