



Sports Medicine Specialists  
of Charleston

**EAST COOPER MEDICAL GROUP**

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## **POSTOPERATIVE INSTRUCTIONS LYSIS OF ADHESIONS**

### **DIET**

- Begin with clear liquids and light foods (jellos, soups, etc.)
- Progress to your normal diet if you are not nauseated

### **WOUND CARE**

- Maintain your operative dressing, loosen bandage if swelling of the foot or ankle occurs.
- It is normal for the knee to bleed and swell following surgery – if blood soaks onto the bandage, do not become alarmed – reinforce with additional dressing.
- Remove surgical dressing 48-72 hours post-operative– Apply clean, sterile dressing over incisions and change daily.
- Please keep steri-strips in place.
- To avoid infection, keep surgical incisions clean and dry – you may shower by placing waterproof bandaids over incision areas. Please remember to change bandaids daily.
- **NO** immersion of the operative leg (i.e. bath, swimming pool) \*If Braced it may come off to shower

### **MEDICATIONS**

- Pain medication is injected into the wound and knee joint during surgery – this will wear off within 8-12 hours
- Most patients will require some narcotic pain medication for a short period of time – this can be taken as per directions on the bottle  
**\*Do not drive a car or operate machinery while taking the narcotic medication\***
- Primary Medication = Nacro (Hydrocodone)
  - Take 1 – 2 tablets every 4 – 6 hours as needed
  - Max of 12 pills per day
  - Plan on using it for 2 to 5 days, depending on level of pain
- Do **NOT** take additional Tylenol (Acetaminophen) while taking Percocet
  - Common side effects of the pain medication are nausea, drowsiness, and constipation – to decrease the side effects, take medication with food.
    - Zofran (Ondansetron) has already been called into your pharmacy for nausea if needed.
    - If constipation occurs, consider taking an over-the-counter laxative such as Colace or Miralax.

- If you are having problems with nausea and vomiting, contact the office to possibly have your medication changed (843) 971-9350 – ask for Nicole Fava, Dr. Haro’s PA)
- Ibuprofen 400-600mg (i.e. Advil) may be taken in between the narcotic pain medication to help smooth out the post-operative ‘peaks and valleys’, reduce overall amount of pain medication required, and increase the time intervals between narcotic pain medication usage

### **ACTIVITY**

- Full weight bearing as tolerated. May use crutches to assist with walking as needed.
- Elevate the operative leg to chest level whenever possible to decrease swelling
- Do not place pillows under knees (i.e. do not maintain knee in a flexed or bent position), but rather place pillows under foot/ankle
- Do not engage in activities which increase knee pain/swelling (prolonged periods of standing or walking) over the first 7-10 days following surgery
- Avoid long periods of sitting (without leg elevated) or long distance traveling for 2 weeks
- May return to sedentary work ONLY or school 3-4 days after surgery, if pain is tolerable
- Please follow post-operative therapy instructions starting day of surgery to maintain motion gained at time of surgery.

### **ICE THERAPY**

- Begin immediately after surgery
- Use icing machine continuously or ice packs (if machine not prescribed) every 2 hours for 20 minutes daily until your first post-operative visit
  - The Cryocuff device may be used.
  - Use Cryocuff as frequently/continuously as tolerated x 14 days

### **EXERCISE**

- Begin exercises 24 hours after surgery (straight leg raises, quad sets, heel slides and ankle pumps) unless otherwise instructed.
- Discomfort and knee stiffness is normal for a few days following surgery – it is safe and, in fact preferable to bend
- your knee (unless otherwise instructed by physician).
- Complete exercises 5-6 times daily until your first postoperative visit – your motion goals are to have complete extension (straightening) and 90 degrees of flexion (bending) at your first postoperative visit unless otherwise instructed.
- Do ankle pumps continuously throughout the day to reduce the possibility of a blood clot in your calf (extremely uncommon).
- Formal physical therapy (PT) will begin after your first postoperative visit. You will be given a script for this at that time.
- If you have any questions or concerns please contact Nicole Fava PA-C (843) 971-9350 or by email at [Nicole.fava@tenethealth.com](mailto:Nicole.fava@tenethealth.com)

### **\*\*Emergencies\*\***

- Contact Dr. Haro or Nicole Fava PA-C at (843) 971-9350 or by email [Nicole.fava@tenethealth.com](mailto:Nicole.fava@tenethealth.com) if any of the following are present:
  - Painful swelling or numbness

- o Unrelenting pain
  - o Fever (over 101° – it is normal to have a low grade fever for the first day or two following surgery) or chills
  - o Redness around incisions
  - o Color change in wrist, hand or lower extremity
  - o Continuous drainage or bleeding from incision (a small amount of drainage is expected)
  - o Difficulty breathing
  - o Excessive nausea/vomiting
- **\*\*If you have an emergency after office hours or on the weekend, call (843) 971-9350 and you will be connected to our on call service. Do NOT call East Cooper Hospital or Surgery Center.**
  - **\*\*If you have an emergency that requires immediate attention, proceed to the nearest emergency room.**

### **Follow-Up Care/Questions**

- Nicole Fava, PA-C (Dr. Haro's Physician Assistant) will call you on your first day after surgery to address any questions or concerns. If you have not been contacted within 48 hours of surgery, please email **Nicole.fava@tenethealth.com** or call (843) 971-9350
- If you have additional questions that arise at any time, whether for Dr. Haro or Nicole, please send an email to **Nicole.fava@tenethealth.com** or call (843) 971-9350
- If you do not already have a postoperative appointment scheduled, please contact the scheduling office during normal office hours (843) 971-9350