

**LATERAL RELEASE OF PATELLA  
KNEE ARTHROSCOPY INSTRUCTIONS**

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Tulsa Bone and Joint  
918-392-1400

Union Pines Surgery Center  
918-742-2502

**Follow-Up Care**

Call the doctor's office today to confirm or make an appointment in about 10 days. Your sutures will be removed at your first post-operative visit.

**Activity**

Rest today.

Discontinue crutches or a walker when you are comfortable.

Knee immobilizer when walking until after follow up visit.

Remove knee immobilizer when not walking and work on knee range of motion.

Ice the knee for 3-5 days. One hour on, one hour off. Keep a very thin towel between skin and ice bag.

**Care of Incision and Dressing**

Remove dressing and shower in 48 hours.

Change Band-Aids daily.

Do not submerge wound in bath water, pool, lake water, or hot tub.

Keep incisions clean and dry.

Do not put creams or lotions on your wounds.

**Medications**

Resume routine medications.

Take one Aspirin 325 mg daily for next 5 days.

Most patients will receive Hydrocodone medication for pain, and Phenergan for nausea.

Most patients need pain medications first 24-48 hours only.

**Driving**

If left knee surgery, you may drive after the third post-operative day.

If right knee surgery, do not drive until after follow up visit.

Do not drive if you are still taking narcotic pain medication

**Call Dr Jabbour's Office If:**

If medication causes severe uncontrollable nausea.

If you have shortness of breath or severe calf pain, go the emergency room if you cannot contact the office

If you have a temperature greater than 101.5 degrees Fahrenheit

