



Post-operative Instructions: Manipulation Under Anesthesia

• DAY OF SURGERY

- A Game Ready/Cryo-Cuff will be placed on your knee in your hospital room. This will dramatically aid in the decrease in the amount of the swelling in your knee
- Your knee will have a large bandage placed on it. That will be removed two days after your surgery.
- You will be given a red folder in the recovery room. There will be a page of exercises that you will begin doing right away.

• CRYOTHERAPY

- Cryotherapy (Cold therapy) is a very important part of pain control after surgery. The cold temperature will help control swelling and reduce pain. This can be done several ways – with an ice pack or a cold therapy unit.
- Cold therapy units are more effective in concentrating the cold to the surgical site via a molded wrap. Cold water is then circulated through the wrap, delivering cold to all sides of the joint. Cold therapy units come 2 ways - Cold therapy only and Cold therapy with compression :
- You may elect to use only an ice pack or a cold therapy unit.

• WOUND CARE

- You may remove the Operative Dressing 2 days after surgery. Once you remove the dressing, place the Op-Site bandages found in your red folder. Please leave the Steri-Strips in place and cover the incisions with the Op-Site.
- Home CPM – please use for 2 hours, 3 times per day to maintain your range of motion.
- Please do not use Bacitracin or other ointments on the incision. An ACE wrap may be used to help control swelling. Do not wrap the ACE too tight. You may be given a stockinette to place over your wound and under the brace – this is to help alleviate sweating under the brace.
- There may be a small amount of bleeding and/or fluid leaking at the surgical site. This is normal. The knee is filled with fluid during surgery, sometimes causing leakage for 24-36 hours. You may change or reinforce the bandage as needed.
- Use Ice / Cryocuff / Game Ready for 20 to 30 minutes every hour for the first 3-4 days, then as needed for pain relief. Do not wrap the Ace too thickly or the Cryocuff cold may not penetrate.
- There will actually be more swelling on days 1-3 than you had the day of surgery. This is normal. The swelling is decreased by using the Ice / Cryocuff / Game Ready. For knees, the swelling will make it more difficult to bend your knee, but once the swelling goes down, it will become easier to bend your knee.



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- You may shower on Post-Op Day #2 using a water-tight plastic bag or Saran wrap over your knee.
- DO NOT GET THE WOUND WET, KEEP THE WOUND CLEAN AND DRY. You may gently wash around the incision with a washcloth, then gently pat the area dry. Do not soak the knee in water. Do not go swimming in the pool or ocean until your incisions are fully closed.
- **DRIVING**
 - ****IMPORTANT** - ABSOLUTELY NO DRIVING WHILE TAKING ANY NARCOTIC PAIN MEDICATION (VICODIN / PERCOCET, etc.)** - it is against the law to operate a motor vehicle under the influence of any controlled substances (even when legally prescribed). Narcotics impair both motor ability and judgment
 - As a result of your surgery, your reaction time will be greatly slowed down, impairing your physical ability to safely drive a vehicle. Thus in the case an emergency arises – i.e. you need to slam on breaks, depress the clutch, or turn the wheel, you may not be able to do so quickly – thus potentially risking harm to yourself or others.
- **CONCERNS/QUESTIONS**
 - If you feel unrelenting pain, notice incision redness, continuous drainage or bleeding from wounds, continued fevers greater than 101°, difficulty breathing or excessive nausea/vomiting, please call **(801) 587-7040** during regular office hours or **(801) 587-7100** (physicians' answering service) after 4:00 pm or on weekends.
 - If you have an emergency that requires immediate attention, proceed to the nearest Emergency Room.
- **FOLLOW UP APPOINTMENTS**
 - If you do not already have a follow up appointment scheduled, please call (801) 587-7109 during normal office hours and ask to schedule an appointment. We would like to see you back in 10-14 days post-operatively. However, if there are any post-operative surgical concerns, please call and we will get you in sooner.
- **STUDY PATIENTS**
 - We thank you for participating in clinical studies. Our intention is to improve your care and the care of future patients.
 - If you have any questions regarding the study, please call the numbers provided on the study documents or you may contact the office numbers provided below.



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- **IMPORTANT NUMBERS**

- Questions
 - During Office Hours (8:00-4:00)
 - Cassidy (Medical Assistant) 801-587-7040
 - Tiffany (Clinic/Surgery Scheduling) 801-587-7187
 - Nikki Cooper (Practice Coordinator) 801-587-0989
 - Mark Beese (Athletic Training Cord) 801-587-1473
 - After Hours (Tell the hospital operator your surgeon's name and they will contact the appropriate on call physician)
 - 801-581-2121
- Physical Therapy
 - 801-587-7005
- Toll Free
 - 1-800-824-2073
- Dr. Maak Fax
 - 801-587-3990