



Advanced Knee Care, PC.

A division of Integrated Orthopedics

Stefan D. Tarlow, MD

17300 N. Perimeter Dr.
Suite 150
Scottsdale, AZ 85255

T (480) 480-0393
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Subchondroplasty/Knee Arthroscopy Post Operative Care Instructions Dr. Tarlow –Advanced Knee Care, PC

You will go home the day of surgery with an ace wrap on your knee. You will be sent home with two types of opioid pain relievers (strong and extra strong). For some patients this procedure generates intense pain for 12-24 hours. If this happens to you know this is normal, use the extra strong pills and wait it out. If you experience nausea/vomiting for more than 24 hours after surgery it is likely due to the pain reliever. We like to help you during working hours so please phone during business hours for prescription refills/changes. We like to have fun when not at work so expect a return call for refill/change requests made after hours/weekends/holidays on the next business day.

If you experience the following symptoms call our office (480-483-0393) or present to your closest Emergency Room as soon as possible . These may be signs of infection or deep venous thrombosis.

- Severe knee pain with fever greater than 102 F.
- Diminishing knee motion with progressive severe knee pain.
- Calf or thigh pain that is constant and does not go away with elevation/rest.
- Trouble/pain with breathing or chest pain/shortness of breath-best to phone 911.

Phone/Answering Service: [480-483-0393](tel:480-483-0393)

Direct Scheduling Line: [480-225-2343](tel:480-225-2343)

Website: www.tarlowknee.com

Blog: www.tarlowmd.blogspot.com

E-mail: for Dr. Tarlow - doctlow@cox.net

Activities: Limited for 24 hours after surgery, be sure to rest. Do not drive, operate machinery or power tools, drink alcohol or make important decisions or sign legal documents due to surgery and general anesthesia. Elevate foot and leg for 24-48 hours. Flex foot and ankle to decrease swelling.



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Shower: Remove dressings, wash knee incisions, dry incisions and apply dry band-aid and ace 48 hours after surgery.

Follow-up appointment: Usually scheduled for 7-10 days after surgery. Our staff will phone you to confirm appointment. Call our office (480-483-0393) with questions.

Crutches: Use crutches for comfort and walking (Full weight bearing) for 1-3 days. Stop crutches when able to walk comfortably and you have good leg muscle control.

Brace: Not routinely used after arthroscopy.

Exercises: SLR (straight leg raises) and knee range of motion (ROM) 25 reps twice daily beginning immediately postop. Start exercise bike on 3rd or 4th day postop for 15 minutes. Return to normal activities expected 6-8 weeks.

Ice: Knee swelling is expected and is diminished with Ice pack to the knee 20 minutes four times daily for 3-14 days.

Physical therapy: You have the option of attending formal physical therapy or directing your own recovery with home and gym workouts. Physical Therapy usually begins 3-5 days post op. Tarlowknee Website/office info heading has list of preferred PT's.!

Driving: May drive the day following surgery as long as narcotic pain relievers are not being used. Common sense dictates safe return to driving.

Return to Work: Usually 2-3 days if desk type work, 2-8 weeks for construction type work.