

## **Knee Manipulation under Anesthesia Instructions**

### **Activity**

- After a manipulation procedure, it will be normal to feel sore and see increased swelling in the knee.
- Dr. Gerlinger will have a CPM (continuous passive motion) machine delivered to your home for a 21-day period. He recommends you set your CPM machine 0-120 as tolerated rotating an hour on, an hour off continuously while awake.
- You may continue your home exercise program and physical therapy post procedure.
- Transition off of walker, crutches, cane when you and your physical therapist feel you are safe to do so.
- Ice at least 4 times per day; on for 30 minutes at a time.

### **Outpatient Physical Therapy**

- Dr. Gerlinger recommends initiation of outpatient physical therapy following discharge from the surgery center.
- Outpatient physical therapy will be ordered approximately 2-3 times per week. Dr. Gerlinger recommends you resume outpatient physical therapy 1-3 days post manipulation.
  - All patients are provided with a postoperative outpatient therapy script in your surgical folder
  - It is the patient's responsibility to both select a physical therapy location that is convenient and schedule therapy visits.
  - Please refer to your surgical folder or look at Dr. Gerlinger's website for a list of [Midwest Orthopaedics at Rush Physical Therapy Locations](#) around the Chicagoland area.
  - We can fax your outpatient order to your location of choosing if you select a facility outside of Midwest Orthopaedics at Rush.

### **Typical Medication Regimen**

- Please refer to Page 4 for [sample](#) post-operative medication regimen. Medication regimens are individualized based on patient history. It is common to feel pain for a few days after a manipulation.
- Dr. Gerlinger will send your post-operative medications to your pharmacy in advance. Medications are generally sent to your pharmacy 3-7 days prior to your surgery.
- Please refer to medication inserts provided by the pharmacy for a full list of side effects.
  - If you continue to experience constipation while on Sennokot only, you may try over-the-counter Dulcolax tablets, milk of magnesia, suppositories, or fleets enema. Follow directions on the packaging. Diets high in fiber, fruits, and vegetables can also help minimize constipation.
- Contact the office M-F 8:00am-4:30pm for any medication refills and/or questions.

### **When to Contact the Office**

- It is not uncommon to have some swelling after a manipulation. Please do not hesitate to contact the office if you have concerns.
- Fever > 101
- Drainage
- Redness spreading away from incision
- Increased pain uncontrolled by pain medications
- Unable to put weight on leg, or decrease in range of motion
- Abdominal bloating associated with nausea/vomiting and constipation
- Unable to empty bladder
- Please reach out to your primary care doctor for concerns related to heart rate and/or blood pressure or present to an urgent care/emergency department.

### **When to Call 911 or Go to Emergency Room**

- Chest pain
- Shortness of breath
- Difficulty breathing

### **Office Contact Information**

- For questions and/or concerns M-F 8:00am-4:30pm, please contact Dr. Gerlinger's office directly
- For clinical concerns M-F after 4:30pm, weekends, and holidays, please dial **(312) 243-4244** and to ask to be connected with the **On-Call Joint Fellow**. This is a fellow physician who works with Dr. Gerlinger
- If you need to present to the Emergency Room for conditions related to your hip or knee, we recommend that you try to present to Rush University Medical Center. If your issue is an acute emergency, please call 911 or present to the nearest Emergency Room.

### **Clinical Staff – Phone # (312) 432-2461**

Kelly Murray, Registered Nurse

Alissa Winner, Nurse Practitioner

### **Administrative Assistants – Phone # (312) 432-2429**

Jomary Santana

Ilene Vazquez

Melissa Camacho

**For more surgery information please visit Dr. Gerlinger's website at [www.gerlingerMD.com](http://www.gerlingerMD.com).**

<u><b>SAMPLE POST MANIPULATION REGIMEN</b></u>	<b>DRUG</b>	<b>FOR</b>	<b>FREQUENCY + DURATION</b>	<b>QUANTITY</b>	<b>NOTES</b>
<b>MULTI-MODAL PAIN REGIMEN</b>	Gabapentin 100mg	nerve pain	take 2 tabs every 8 hours for 7 days, then stop	42	No refills
	Tylenol 500mg	mild pain	take 2 tabs every 8 hours	90	Can purchase over-the-counter <i>or</i> call office for refill
	Tramadol 50mg	moderate pain	take 1-2 tabs every 8 hours	42	Call office for refill
	Meloxicam 15mg	inflammation	take 1 tab daily for 30 days	30	

<b>BREAKTHROUGH PAIN</b>	Oxycodone 5mg	severe pain	take 1-2 tabs every 4-6 hours as needed for pain	30	As needed for pain
------------------------------	---------------	-------------	--	----	--------------------

<b>BLOOD THINNER</b>	Aspirin 81mg	blood clot prevention	take 1 tab daily for 30 days	30	No refills
----------------------	--------------	-----------------------	------------------------------	----	------------

<b>STOOL SOFTENER</b>	Sennokot 8.6/50mg	constipation	take 1 tab twice daily while on opioids	60	Refer to discharge instructions if constipation persists with Sennokot only
-----------------------	-------------------	--------------	---	----	---