



Knee Core Decompression

Post-Operative Instructions

Post Operative Prescribed Medications:

- Aspirin: Take as prescribed for 30 days after surgery
- Norco (5-325mg): Take 1-2 tablets every 4-6 hours as needed for pain.
- Zofran (4mg): Dissolve 1 tablet on the tongue every 8 hours as needed for nausea

Please note: medications may vary based on your current medication list. These variations will be discussed during your pre-operative phone consultation with a PA.

Physical Therapy:

- Begin on post op day 1 or 2. Bring protocol and order provided on surgery day to initial PT visit.
- Attend PT 2-3 times per week for the first 2-3 months after surgery
- Expect to be in PT for 5-6 months following surgery

First Post-op Clinic Appointment:

- Your first post-op clinic visit will be 10-14 days after surgery.

Weight bearing after surgery:

- You will be non-weightbearing and using crutches for 6 weeks after surgery. This is a requirement, not a recommendation.

Smoking, marijuana, and surgery:

- Dr. Chahla has a NO NICOTINE policy for surgical patients.
- For your safety and to promote successful outcomes, we recommend abstaining from marijuana use for 4 weeks post op. This includes oral, topical, and inhalation.

Dressings and Showering:

- Remove gauze and padded dressings on post op day 3.
- Please leave the steri-strips on until the initial post-op appointment with one of Dr. Chahla's PAs.
- Do not shower until post op day 3. Beginning post op day 3, you can shower while keeping the incisions covered and dry. Do not submerge the incisions or use topical ointment for at least 4 weeks after surgery or until the incision is fully healed.

Return to Driving:

- You can return to driving once you are off crutches, no longer taking narcotics, and feel that you can come to an emergency stop. This is typically around 6-8 weeks post op.

Return to Work/School:

- You can expect to return to desk work and/or school about 4-7 days after surgery