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POSTOPERATIVE INSTRUCTIONS - KNEE ARTHROSCOPY

MOVEMENT

You can walk and bend your knee as much as tolerated. Use your crutches as needed for the first week. Do not go for long walks or stand on your feet for extended periods of time. This will cause swelling and pain.

ICE

An ice machine may be provided to you prior to your surgery. This will help decrease swelling and pain after your surgery. Use the ice machine as much as possible when you get home at intervals of 20 minutes on and off. You should keep the ice machine for approximately two weeks. Do not use the ice machine while you are sleeping. If no ice machine was provided, you may use ice bags at the same intervals.

In addition to icing your knee, elevate your knee so your toes are above your nose. This elevates your knee above your heart and will help reduce swelling.

MEDICATIONS

An injection of local anesthesia was injected into your knee after the completion of the operation. This medication will wear off in 5 to 6 hours. To control your pain during this transition, you are to eat first and then begin taking the **pain medication** (e.g. Norco, Percocet, etc) immediately when you get home from surgery. This will prevent you from having severe pain. Take the pain medication every 4-6 hours until you go to bed.

Two days after your surgery, you can supplement your pain medication with an anti-inflammatory (e.g. Advil, Aleve, etc.) – this will help you wean from the narcotic pain medication. A side effect of all narcotic pain medications is constipation. You may benefit from taking an over the counter stool softener and gentle laxative to help prevent these symptoms.

To help prevent the risk of a blood clot, please take a **325mg Aspirin** daily for 4 weeks.

DRESSING/BANDAGES

Keep your dressing clean and dry. You may remove the dressing two days after surgery. Please place waterproof band-aids over the incision sites. It is okay to shower two days after surgery. Replace band-aids following your shower. Do not take a bath or submerge your knee under water.

EMERGENCIES

It is normal to have a low grade fever during the first 2-3 days post-operatively. Please call our office if your temperature is above 101°F, if there is increased redness around the incision sites, if there is increased drainage from the incision sites, or uncontrolled pain. Please call 911 if you experience chest pain or shortness of breath.

APPOINTMENT

Your post-operative appointment has been scheduled prior to your surgery. Your appointment will be around 7-10 days after your surgery. Please contact the office if have questions about when your appointment will be.