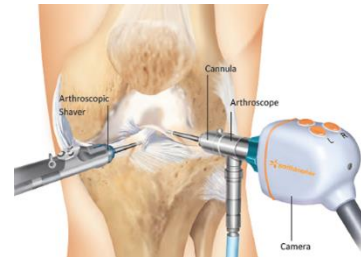




KNEE ARTHROSCOPY POST-OPERATIVE **INSTRUCTIONS**



What to expect after surgery:

- Swelling and stiffness are to be expected
- Pain is to be expected. Take your medication as directed
- Weakness from surgery. Your body is using energy to try and heal after surgery

Activity Restrictions:

- DO NOT put a pillow under your surgical knee. Rather place the pillow under your ankle to help with knee extension
- Avoid sitting in overly soft chairs (they will be harder to get up from)
- Unless directed otherwise – it is recommended to get moving. Start bending your knee and bearing weight to your tolerance.

Sitting:

- Get up and move around every hour. You do not want to develop a blood clot
- Try to work on bending and straightening your knee while sitting in a chair. Work on ankle and foot motion as well.

Driving:

- No driving for the first 24 hours after surgery.
- DO NOT drive while taking any kind of pain medication or muscle relaxers
- You may be a passenger in a car

Walking:

- Walking will be your best exercise!
- Be cautious of rugs, steps, gravel, and uneven surfaces
- Get up and get moving!!

Incision Care:

- There will be a dressing placed over your knee after surgery. Leave this in place until 2 days postop. On the 2nd morning from surgery you will remove your entire dressing and then shower directly over the incisions with soap and water. Place a band-aid on each incision site and keep the incisions covered with band-aids until there is no drainage. It is advised to shower every day after the initial surgical dressings are removed.
- NO soaking the incision in water until instructed by your physician – this means no baths or hot tubs!
- DO NOT allow pets near or around your incision until completely healed
- No lotions, oils, or peroxide on the incision until instructed.
- Wear loose fitting clothes to avoid irritation

NO smoking:

- DO NOT smoke as it does delay the healing process and drastically increased your risk of infection

WORK:

- Your physician will determine this for you and instruct you when you may return

MEDICATION:

- You may resume your regular medications unless otherwise advised by hospital or physician
- Take Tylenol or ibuprofen for pain relief
- Ice is the best medication for your pain – use it often for the first week after surgery.
- You will be possibly be provided with a prescription pain medication after surgery. Please take this as directed as you are limited to refills.
- Do not take pain medicine on an empty stomach
- Do not drink while taking pain medication
- Once your pain starts to decrease you may switch to just Tylenol then no medication at all
- Unless directed otherwise, in addition to your pain medication you are instructed to take Aspirin – 325 mg one pill daily – starting the day of your surgery.

Follow-up Appointment:

- The surgical facility should make your follow up appointment for you. If they do not do this for you then you may call our office at 931-815-2663 for your appointment. We will usually see you back approximately 2 weeks after surgery.

Call our office at any time if you have problems such as:

- A fever that persist over 6 hours
- Side effects from your pain medication such as: vomiting, rash, chills, fever, or burning in your stomach
- Increased swelling or redness of the incision
- Drainage or separation of your incision

Go to the nearest emergency room if:

- You become short of breath
- Have chest pain
- Cough up blood
- Have excessive bleeding from your surgical site

- Have persistent nausea and vomiting

