

POST-OPERATIVE INSTRUCTIONS FOR KNEE ARTHROSCOPY

PAIN CONTROL: Take pain medication as directed. If you are experiencing a lot of pain at physical therapy, arrange your medication schedule to correspond to ½ hour before your scheduled appointment.

ACTIVITY: Rest the day of surgery. You may start weight bearing as tolerated, using the crutches or cane as needed.

CRYOCUFF: The cryocuff or ice wrap will be placed on your knee in the recovery room. Leave it on as much as possible for the first 3 days. After 3 days, use it for a minimum of 4 times a day for 30 minutes. The more you use it, the less swelling and inflammation you will have.

BANDAGES: You may remove the outer dressing and gauze pads after 48 hours. Do not remove the steri-strips (small pieces of tape running across the incision). You may cover the sutures loosely with a Band-Aid. Keep your sutures clean and dry. If you wish to shower, you may use a plastic bag or saran wrap around your knee. Your sutures will be removed approximately 10-14 days after surgery. Please call the office to schedule this appointment.

PHYSICAL THERAPY: You should start physical therapy 1-2 days after surgery.

RETURNING TO WORK OR SCHOOL: You may return to work (sedentary) or school 2-3 days after surgery if pain is tolerable. Returning to heavy labor will be determined by Dr. Allen.

NORMAL SENSATIONS AND FINDINGS AFTER SURGERY:

- a. Shin pain
- b. Knee swelling and warmth up to 3 weeks
- c. Small amount of bloody drainage
- d. Numbness to incision area
- e. Soreness and swelling to back of the knee
- f. Bruising to lower leg (black and blue appearance)
- g. Lower leg swelling including the ankle. If this occurs, elevate the leg above the heart and apply ice to swollen area.
- h. Numbness to the foot – will resolve in a few days
- i. Low-grade temperature less than 101.5 degrees – if this occurs, drink plenty of fluids and cough and deep breathe (take 10 breaths, on the last hold for a second then forcefully cough a few times). A low-grade temperature is normal for a week after surgery.
- j. Small amount of redness to the area where the sutures insert the skin
- k. Low back discomfort due to the epidural/spinal anesthesia – apply heating pad as needed

NOTIFY OUR OFFICE IMMEDIATELY IF ANY OF THE FOLLOWING SIGNS OR SYMPTOMS OCCUR:

- a. Change is noted to your incision (i.e. increased redness or drainage)
- b. Sharp pains in the back of your calf (especially when you pull your toes back toward your nose)
- c. Temperature greater than 101.5 degrees
- d. Fever, chills, nausea, vomiting, or diarrhea
- e. Sutures become loose or fall out and incision becomes open
- f. Drainage becomes yellow, pus-like, or foul-smelling
- g. Increased pain unrelieved by medication or measures mentioned above