

# Post-operative Instructions Knee Arthroscopy

## General Instructions

- Apply ice covered with a towel to knee for 2-3 days (15-20 minutes at a time).
- Swelling and bruising is normal. You may loosen dressing if needed.
- Low grade fevers (less than 101 degrees) are common after surgery. Deep breathing will help with this. If your fever persists for more than a few days, or the wound gets more red, call my office.
- The pain medication given to you can cause constipation, nausea and itching. You may switch to Tylenol or Motrin when more comfortable.

## Exercises

- Elevate your leg above the level of your heart for 2-3 days after surgery to decrease swelling.
- You may place as much weight on operative leg as tolerated, unless specifically told not to. Discontinue crutches when you feel comfortable without them.
- While sitting, start flexing and extending knee and ankle as comfort allows.
- Start straight leg raises 20-40 times, 3 times a day
- Start physical therapy within 2-3 days.

## Bandages

- Your dressing may show blood stains after surgery. This is expected. If the blood is still wet after the first day, call my office.
- Remove all dressings and cover wounds with band-aids after three days.
- You may shower after 3 days.
- Do not swim or submerge incisions in water for 2 weeks.

## Work

- Your comfort level should be your guide for returning to work.
- Most people are able to return after the first post-operative visit.

## Important

- Report any complications to my office immediately. This includes excessive bleeding, wound breakdown, increasing redness or pain, prolonged fever over 101 degrees, or increasing calf pain.
  - Call office for follow-up appointment 10-14 days after surgery (if not scheduled)