

Knee Arthroscopy– Patient Information

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ACTIVITY:

- Use crutches for at least 48 hours after surgery. Then you may start to weight bear on that leg and wean off crutches as tolerated by the pain.
- Wiggle your toes of affected limb, squeeze/fire your quadriceps muscle, and pump your foot/ankle up and down whenever you think about it. The more, the better (pain guided).
- Begin towel roll exercises 3 times a day for 20 minutes each time on post-operative day #1
- Ice during the towel roll exercises
- Physical Therapy can start next week

DIET:

- Start with liquids and advance your diet as tolerated.

Medication:

- Take the prescription pain medicine (Norco/Vicodin/Percocet) as prescribed. DO NOT take Tylenol in addition to this.
- Ibuprofen or Advil can be taken in addition to the narcotic
- If you are taking prescription pain medication, you should not drive, operate machine/power tools, or drink any alcoholic beverages.

DRESSING:

- Keep your dressing clean and dry. Remove your dressing after 48 hours and apply Band-Aids to your incision sites.
- You may shower once the wounds are dry and not draining
- Continue to wear the TED stockings until you are seen in follow-up
- Use ice over the front of your knee for 20 minutes intervals (no longer) for 3-4 times per day during the first week after your surgery. Be sure to use ice after physical therapy.

SPECIAL INSTRUCTIONS:

- Once you are off pain medications, you may drive after you are off the crutches if your RIGHT knee was operated on or once you are comfortable if your LEFT

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knee was operated on.

YOU SHOULD CALL YOUR DOCTOR FOR ANY OF THE FOLLOWING:

- Fever greater than 101.5° F
- Redness, warmth in the leg, knee, or calf
- Foul smelling drainage from the incision
- Pain uncontrolled with pain medication as prescribed by your doctor
- Persistent nausea or vomiting into the next day
- Increased swelling of your toes or severe tightness of bandage

FOLLOW-UP CARE:

- Your postoperative appointment 7-10 days after surgery will have been made for you when surgery was set up.