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Instruction Sheet following Arthroscopic Knee Surgery

Showering:

You may shower 48 hours after surgery. Please use **CAUTION!!** Be careful not to slip and fall. The effects of anesthesia and/or medication may make you drowsy or light-headed. Do not submerge your sutures (stitches) in a bathtub, hot tub, or pool until the doctor tells you it is O.K. to do so. Once you are done showering, pat the wound dry and apply fresh Band-Aids.

Dressing:

Remove all cotton and gauze 48 hours after your surgery. You do not need to put a new dressing on your wound; place Band-Aids on each stitch (suture).

Cane/crutches:

You may **weight bear as tolerated**/walk on the leg as you feel comfortable and may use a cane as needed for walking. Remember that the cane goes in the opposite hand. Most people use it for 2-3 days following surgery as needed.

Ice and Elevation:

You can ice the knee to reduce swelling and discomfort. Do not ice the knee more than 20 minutes at a time. Let the knee warm up for about 20 minutes before reapplication. When you are not walking your leg should be straight with a pillow under your foot or ankle (not behind your knee). Try to elevate the knee as much as possible to reduce swelling. Do not apply ice directly to the skin.

Medication:

You will be given pain medication that should be taken as prescribed. Please note that narcotic pain medication may cause constipation. Please remember to take stool softeners (Colace) when using narcotics to help reduce the chance of constipation. You should not use alcohol together with narcotic medication. Do not drive or operate complex machinery while taking narcotic medication. Please note that most narcotic pain medications have side effects that may include nausea, vomiting, sedation, and/or dizzy spells. If you experience any of these side effects to a severe extent, you should contact our office. When your pain is well controlled



(a few days after surgery) you may transition yourself to an anti-inflammatory and Tylenol.

You will also be discharged with a blood thinner, Aspirin 81 mg, to prevent blood clots. You should take this medication twice a day for 14 days. It is important not to miss any doses of this medication. Please note that this medication may cause an upset stomach or acid reflux. If this occurs, you may take an over the counter proton pump inhibitor such as Prilosec, Prevacid, or Nexium to help alleviate these side effects.

You should restart all of your prescription medications once discharged unless specifically instructed otherwise.

Physical Therapy

Start **physical therapy 2** days following surgery. You should have been sent home from surgery with a prescription and can bring this to any physical therapist.

Follow-up visit:

You need to see the doctor 10-14 days following surgery for your first post-op visit. At that time your sutures (stitches) will be removed.

Common Concerns:

Bruising and/or swelling of the knee, ankle, or foot are common after surgery. To relieve this discomfort it is best to ice and elevate the knee.

Please call if:

1. If at any time you have discomfort, hardness, swelling, or redness in the calf (behind the leg between the knee and the ankle) please call the doctor immediately.
2. Any oozing or redness of the wound, fevers (>100.4 degrees F), or chills.
3. Any difficulty breathing or heaviness in the chest.

REMEMBER - these are only guidelines for what to expect following arthroscopic knee surgery. If you have any questions or concerns please do not hesitate to call the office.