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## Post-Operative Care Instructions for 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 need to **loosen the ace wrap** if it is too tight. This is a common source of postop pain.
- 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 at least an hour several times a day 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. If you do not already have an appointment and are using our therapists, please call 706-823-3807 to schedule an appointment.

## **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-Aid's 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 the 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). The office telephone number is 706-722-3401.
- A physician is on call 24 hours a day, 7 days a week for emergencies and may be reached through the answering service by calling the regular office number (706-722-3401).