

KNEE CARE AFTER ARTHROSCOPY

SURGERY SCHEDULING:

Following the arthroscopy there are several important items that can assist in your recovery as well as help in your understanding of what to expect.

- ***** If you are given surgical pictures upon leaving the hospital bring them to your first post-op visit.*****
- Crutches should be available once you are home, they do not need to be brought to the hospital. If you do not have crutches they will be given to you before you leave the hospital. Unless otherwise instructed you will be able to walk on your operated leg as you wish, but due to swelling and discomfort you should use the crutches for several days. It is important that if the knee is hurting, limit not to put too much pressure on the leg as this may cause more swelling and delay your full recovery.
- During the first 2 days it is important that you keep the leg elevated above your heart level as much as possible. In addition, icing the knee 30 minutes every hour while you are awake for the first 48 hours. This helps minimize the swelling from surgery and should be continued especially during the first 48 hours. Continue icing as needed based on pain and swelling.
- The surgical dressing applied after your operation provides a sterile field and thus it should be left intact for the first **two** days. If the foot and ankle are swollen then remove the Ace wrap and reapply it loosely. However, the white, gauze dressing underneath should be left intact for two days. If there continues to be excessive swelling in the calf and ankle then you should contact our office. In addition, it is not unusual to have some drainage from your incision sites. Do not be concerned if your dressing has some bleeding after your surgery.
- Two days after your surgery your entire dressing can be removed. You can shower that day but it is important not to soak the knee, as water and bacteria can possibly get inside through the incisions and thus run the risk of an infection. If there are any signs of increased swelling of the knee or redness, contact our office. Band-aids should be applied over the incisions after showering and should be replaced daily. Do not use any ointments. If the knee is somewhat swollen you should also reapply the Ace wrap loosely.
- It is important that you move the knee after surgery so that stiffness does not occur and this also assists in preventing blood clots. There is no set amount of times you need to work on your range of motion, but bending and straightening it several times in a row approximately three to four times per day is appropriate. You should also move your ankle and foot up and down throughout the day to help move swelling out of the ankle and calf.
- If able to tolerate please take Aspirin 325 mg daily for 2 weeks.
- You will be given a prescription for pain medication after your surgery and this may cause drowsiness. Please do not operate a motor vehicle when taking the medication due to the risk of an accident occurring.
- If you have not made a follow-up appointment before your surgery you should do so the day after. The initial follow-up visit is routinely at approximately 7-10 days after your operation.

If you have any additional questions or concerns, please feel free to contact our office. Phoenix (602) 277-6211.