

## **Knee Arthroscopy**

### **Post-Operative Instructions**

#### **Diet**

- You may resume your regular diet as tolerated.
- It is NOT abnormal to experience nausea and/or vomiting after general anesthesia. If this is the case don't try to eat too much. As nausea resolves start to replenish fluids (drink water) and eat foods that are easy to digest (toast, saltines, etc.) Progress as tolerated.

#### **Medication**

- A prescription for: Darvocet N-100 / Vicodin ES / Percocet is provided for pain.
- Approximately 6 hours after surgery consider taking 1 or 2 tablets, as needed.
- Repeat pain meds 1 to 2 tablets every:  4 – 6 hours,  6 hours, as needed.
- Over the counter Motrin / Advil (generic – ibuprofen 200 mg), 2 to 4 tablets every 8 hours with food, may be sufficient during the day. Use prescription meds for “break through” pain and before bed, as needed. Tylenol (650 mg every 4 – 6 hours as needed) may be substituted for Motrin (especially if you have an allergy to anti-inflammatory agents).
- A prescription for an antibiotic: **Keflex 500mg / Cleocin 300 mg.** \_\_\_\_\_ is also provided. 1 tab every \_\_\_\_\_ hours.
- If allergies develop, stomach upset or other problems arise, please discontinue medication and call your physician.

#### **Activity**

- Minimize activity the day of surgery. Elevate operative leg on several pillows so that, while laying down, it is higher than your heart.
- Utilize CryoCuff as tolerated. Empty and refill every 30 minutes, as able. Try to use continuously the first 2 to 3 days as it will help reduce swelling and pain. Thereafter, use as symptoms dictate, especially after prolonged walking, therapy, exercises, etc. If you were given a pump (Autochill), see enclosed instruction sheet for proper set-up and use.
- Walk with crutches, the knee brace locked out straight, partial to full weight bearing as tolerated. You may gradually wean yourself from the crutches over 7 to 14 days as able.
- Bend knee NO MORE than 45 degrees the first week. You can remove CryoCuff for bending exercises.
- Exercises – Knee ROM, calf pumps, ankle pumps, quad sets, SLR's, etc (see sheet).
- Begin physical therapy 7 to 10 days post-op (prescription provided)

#### **Dressing Care**

- Keep dressing dry

- Mild bloody drainage is expected. If the dressing becomes soaked, reinforce with additional gauze wrap.
- Your drain, if one was placed, will be pulled and your dressing changed the next day in the office (unless instructed otherwise).
- You may shower (NOT soak in a bath) 72 hours post-op. It is OK to get the leg wet, but don't let water stream flow directly on incisions. Place new bandage.

**Follow Up**

- Tomorrow in office to have drain pulled and dressing changed (unless instructed otherwise). IF appointment not made pre-op, please call office today.
- No drain, follow up in approximately 1 week. Call office for appt.
- NOTIFY YOUR PHYSICIAN for a fever > 101.5 degrees, excess bloody drainage, severe calf tenderness, leg swelling, numbness or for other significant questions.