

Knee Arthroscopy – Postoperative Instructions

Diet

Resume regular diet as tolerated.

Medication

Take 1-2 tablets every 4-6 hours as needed for pain.

Percocet Tylenol #3

Other _____

If Toradol is prescribed: This is a non narcotic medication that should be taken for 3-4 days, every 6 hours. It generally is not prescribed for patients over 50 years of age or for those patients who have a sensitive stomach.

You may receive a prescription for Phenergan suppository. It is for nausea. Fill the prescription **ONLY IF** you have severe nausea.

Activity

Minimize activity the day of surgery.

Elevate the knee above the waist on pillows while reclining.

Ice may initially be difficult to apply because of the thick dressing.

Apply ice to the knee 3 times per day for 20 minutes for up to 1 week.

DO NOT use heat.

Walk with crutches, partial to full weight bearing as tolerated 24-72 hours, then discontinue the use of crutches; bend the knee to tolerance.

Use crutches. **DO NOT** bear weight on the operated leg until the next office visit.

Exercise the calf by pumping the foot 5 minutes 3 times a day and straight leg raising 10-15 minutes 3 times a day.

DO NOT use exercise equipment unless otherwise instructed.

Showering: You may shower 2-3 days after the surgery unless told otherwise. **DO NOT** immerse the knee under water and **DO NOT** rub the incision. Place new band-aids on the knee after showering

Dressing Care

Standard Dressing

Keep the dressing dry initially.

You can expect some light bloody wound seepage through the bandage.

DO NOT BE ALARMED.

Fluid seepage is normal after arthroscopy.

Use extra towels under the knee at night.

If the dressing does get soaked, remove and replace with dry gauze or bandages.

If the leg is uncomfortable, you may remove the Ace and re-wrap it.

Remove all dressings 48-72 hours after the surgery and apply a Band-Aid over each incision to cover the suture: You may remove the Ace and re-wrap it.

DO NOT remove the suture.

Non-Standard Dressing

Splint Applied Other _____

You have a firm plaster splint (**NOT A CAST**) applied instead of a standard dressing because you had a:

Meniscus Repair Other _____

Keep splint on until next office visit.

DO NOT get the splint wet. You may bathe or if you shower, cover leg

thoroughly with 2 plastic bags.

Arthroscopic Findings

- Torn Meniscus (cartilage)
- Torn Ligaments
- Worn Joint Surface Cartilage
- Joint lining irritation (synovitis)
- Loose bodies
- Arthritis: Mild Moderate Advanced
- Other _____

Procedure

- Partial meniscus excision
- Joint surface smoothing
- Removal of joint lining (synovectomy)
- Meniscus Repair
- Removal of loose body
- Other _____

Follow-Up

Call the doctor's office today or the next business day to make a return appointment for 10 days after surgery.
Notify your doctor of any fever over 101.5 degrees, excessive bloody wound seepage, severe midcalf tenderness, or numbness in the leg.

Specific Instructions
