

Post-Operative Instructions Knee Arthroscopy

PAIN CONTROL

Take pain medication as directed. If you are experiencing a lot of pain at physical therapy, arrange your medication schedule to correspond to ½ hour before your appointment.

ACTIVITY

Rest the day of surgery. You may start weight bearing as tolerated, using the crutches or cane as needed.

COLD THERAPY

The cold therapy will be placed on your knee in the recovery room. Leave it on as much as possible for the first three days. Refill it with cold water and ice as needed. After 3 days use it for a minimum of 4 times a day for 30 minutes. The more you use it the less swelling and inflammation you will have. The cryocuff can be removed when not in use.

BANDAGES

You may remove the outer dressing (the ace wrap) after 72 hours and place Band-Aids over the incisions. You must keep the sutures dry until you follow-up. Do not place any creams on the incisions. The sutures will be removed on your follow-up visit.

PHYSICAL THERAPY

You should start physical therapy 2-3 days after the surgery.

DRIVING

No driving during the first week after surgery, regardless of the operative knee.

RETURNING TO WORK OR SCHOOL

You may return to work (sedentary) or school 2-3 days after surgery if the pain is tolerable. Returning to heavy labor will be determined at your post operative visit.

NORMAL SENSATIONS AND FINDING AFTER SURGERY

- a. Shin pain
- b. Knee swelling and warmth up to 2 weeks

- c. Small amounts of bloody drainage
- d. Numbness around the incision area
- e. Soreness and swelling in the back of the knee
- f. Bruising to the lower leg
- g. Lower leg swelling, including the ankle- if this occurs elevate the leg above the heart and apply ice to the swollen areas.
- h. Numbness to the foot – Will resolve in a few days
- i. Low grade temperature less than 101.5 – if this occurs drink plenty of fluids and cough and deep breathe (take 10 breaths, on the last hold for a second then forcefully cough a few times) A low grade temp is normal for a week after surgery.
- j. Small amount of redness to the area where the sutures insert in the skin
- k. Low back discomfort due to the epidural/ spinal anaesthesia...apply a heating pad as needed.

NOTIFY OUR OFFICE IMMEDIATELY IF ANY OF THE FOLLOWING SIGNS OR SYMPTOMS OCCUR

- a. Change is noted to your incision (i.e. increased redness or drainage)
- b. Sharp pains in the back of your calf
- c. Temperature greater than 101.5
- d. Fever, chills, nausea, vomiting or diarrhoea
- e. Sutures become loose or fall out and incision becomes open
- f. Drainage becomes yellow, puss like or foul smelling
- g. Increased pain unrelieved by medication or measures mentioned above.