

KNEE ARTHROSCOPY Post-Operative Instructions

You have undergone knee arthroscopy surgery. Here are some instructions to follow once at home. If you have any questions, please do not hesitate to contact us. Dr. Uggen and his entire team wish you all the best and a speedy recovery from your surgery.

First meal at home should be clear liquids. Eat only light, non-greasy foods today, and then progress to regular diet as tolerated.

Apply an ice bag or use cold therapy device for 20 minutes every hour for the first day, then 4-6 times for 20 minutes if possible for the next 48-72 hours. Continue this until your leg is minimally swollen.

Elevate your surgical leg above your heart when sitting or sleeping to reduce swelling and help with pain. Do not place a pillow directly under the knee - place it under your ankle.

A prescription for pain medication will be provided before you are discharged home. Take medication with food. Please take 1 aspirin 325 mg a day for one week after surgery, beginning tomorrow unless allergic, unable to take aspirin, or you are already on blood thinner medication.

You may **remove the dressing** 24 hours after surgery. Please wait 2 days to shower and leave any steri-strips in place until they fall off. Wash hands thoroughly before changing dressing. Do not apply any antiseptic ointment or medicine to incisions. Apply Band-Aids or a small dressing as needed.

Do Not swim, take tub baths, or use a whirlpool/hot tub until your first post-operative visit in the office and your doctor has cleared these activities.

Exercises: See the Knee Arthroscopy Exercise Guide for instructions

Activities:

- Let pain be your guide to activity---too much pain means too much activity. Engage only in simple walking for 10 days. No sports, no running, no excessive stair climbing or squatting.
- Swelling may be present postoperatively. Restrict activity if swelling is present.
- Do not use exercise machines unless specified.
- Generally, if you have a job with little physical activity, you may return to work on the third postoperative day.
- If your job requires considerable standing, lifting, or walking, please discuss your return to work date with us.
- Some bleeding and/or drainage can be expected the first few days after surgery.

A post-op appointment has been scheduled for you. Please call the office if you need to re-schedule your appointment for another day or time.

When to Seek Medical Attention

Call 911 right away if you have:

- Chest pain.
- Shortness of breath.
- Any pain or tenderness in your calf.

Otherwise, call your doctor immediately if you have:

- Fever of 101.4°F higher, or shaking chills.
- Stiffness or inability to move the knee.
- Increased swelling in your leg.
- Increased redness, tenderness, or swelling in or around the knee incision.
- Drainage from the knee incision.
- Increased knee pain.