



## **What to Expect after a Knee Scope**

### **Andrea Saterbak, MD**

- 1. You will go home the same day as surgery**
- 2. You will be able to bear weight the day of surgery**
  - a. Unless otherwise instructed
- 3. Swelling:**
  - a. Very common after surgery
  - b. Elevate leg above your heart
  - c. Ice at least 5-6 times per day (20 minutes on 1 hour off)
  - d. Compression
    - i. Ace wrap
    - ii. Compression sleeve
  - e. Ankle pumps (while leg is elevated, repeatedly point and flex the foot)
    - i. This helps push swelling out of the knee and back into the lymph system
  - f. Swelling will come and go throughout recovery
- 4. There will be post surgical pain**
  - a. Read through the pain management and prescription policy handout
  - b. Ice and elevation work hand in hand with medication for pain relief
- 5. Wound management:**
  - a. Keep steri strips on
  - b. Keep covered with non adherent gauze pad
  - c. Call if the following arise:
    - i. Increase in redness
    - ii. Warmth to the touch
    - iii. Drainage

- iv. Increase in pain for no reason
- v. Fever above 101 degrees

**6. Showering:**

- a. You can shower 2-3 days after surgery
- b. Do not scrub incisions
- c. Let water run over the incisions
- d. Pat dry
- e. Do not take the steri strips off
- f. Cover as needed
- g. If you have sutures, they will be removed at your first post op visit

**7. Driving depends on the following:**

- a. Which leg surgery was on
- b. Must be off narcotic medication during the day
- c. Must be able to slam on the breaks
- d. Practice in a parking lot before you go on the roads

**\*If you have any questions or concerns, call Sarah S at 651-351-2618**