



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** (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 20 minutes off)
 - d. Compression
 - i. Ace wrap or 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
 - g. There may be some bruising
- 4. There will be post-surgical pain**
 - a. Read through the *Narcotics/Pain Medications* 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 medications during the day
 - c. Must be able to slam on the brakes
 - d. Practice in a parking lot before you go on the roads

If you have any questions or concerns, please contact Dr. Saterbak's team at 651-351-2618 or SaterbakAcareteam@tcomn.com