

What to Expect after a Knee Scope

1. **You will go home the same day as surgery**
2. **You will be instructed on weight bearing status before you are discharged**
 - a. Depending on the surgery you may have to wear a long leg post op brace
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
 - g. There may be some bruising – above and below the knee
4. **There will be post surgical pain**
 - a. Read through the pain management and prescription policy handout
 - b. **Acetaminophen and ibuprofen (if able to take NSAIDS) can be used in addition to the narcotic medication to help with post-surgical pain**
 - a. **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 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 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**