



## Knee Arthroscopy Post-Operative Orders

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You were under general anesthesia and received sedation. Please rest and relax the day of surgery. Be aware of possible dizziness and exercise caution when you are on your feet. **A responsible adult must be with you for the first 24 hours following surgery for safety.**

- Do not drive for 24 hours after surgery or while using narcotic pain medication.
- Do not operate power machinery.
- No important decision-making or signing of legal documents for 24 hours.
- Do not use alcoholic beverages for 24 hours or while taking narcotic medications.
- If you are unable to urinate, feel uncomfortable and it has been 8-10 hours since you last urinated, go to an urgent care or an emergency room.

### ACTIVITY:

- Keep your operative leg elevated above the level of your heart for at least 48 hours after your surgery.
  - You may get up during this time to go to the bathroom, dinner table, and to bed.
  - You may also put your full weight on this leg immediately after surgery- you will not do any damage.
  - Bend your knee several times every hour while awake within your comfort level.
- Continually use ice packs of some kind on your knee for the first 48 hours. This will greatly reduce the amount of swelling, pain, and stiffness.
- Usually you will not need crutches or a cane.
- After 48 hours you may increase your activity as tolerated. If your knee starts swelling significantly you will need to elevate and apply ice again.

## WOUND CARE:

- Keep the dressing from surgery in place for the first 48 hours after your procedure.
- After 48 hours you may remove the tape and gauze dressing.
  - Leave the Steri-strips over your portal sites as these will fall off by themselves.
  - You may now shower over your wounds- do not scrub them. Just let the water run over and pat dry with a towel.
- You do not need to put another dressing over your wounds as the Steri-strips will suffice.
- The day of surgery you may get some bloody drainage on your dressing. This nothing to be concerned about. Please reinforce the dressing as needed.