

Quick Reference Post-Operative Instructions for Knee Arthroscopy

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WOUND CARE

- You will have a bulky bandage over your knee covered by an ace wrap.
- Leave this bulky bandage on for the first 48 hours. If you need to adjust the ace wrap you can unwrap and re-wrap this as needed.
- After 48 hours you may remove the bulky bandage, but continue to use the ace wrap for compression to control swelling. It is a good idea to wear this ace wrap for at least the first 2 weeks. You will have 2-3 stitches in portal sites on your knee.
- It is normal for the knee to be bruised, swollen, and sore.
- After you remove the dressing you may shower. Only let the water run over the knee (do not scrub or wash directly over your incision sites). Do not submerge the knee in any type of water (bath, hot tub, pool, etc.) for at least 2 weeks.
- After your shower if any of your portal sites are draining, cover with fresh dressings daily until no longer draining. This should not last more than a couple days. If wound sites are dry you can leave them open to air. Or cover with a dry band-aid if the stitch is bothersome. Try to keep your knee clean and dry. Do not kneel on the incisions.
- Do not apply any lotions or ointments to the wound sites until permission from the doctor. This will be at least until your first post-operative visit.
- Your stitches will be removed at your 2-week post op visit.
- If you need to schedule a 2-week post op visit please **call Darcy at 651-351-2671**.

ICE AND ELEVATE

- Ice is good for both pain control and to help with swelling.
- Ice for 20 mins at least 3 times per day (more if necessary or if you are able).
- Do not go to sleep with ice on your knee, this can damage your skin.
- Elevate your leg above heart level as needed to reduce swelling in your knee and lower leg.
 - It is not uncommon to have swelling in your ankle or lower leg, especially if you are up walking around or standing for an extended period of time.

WEIGHT BEARING

- Crutches are for comfort and balance. You may put weight through the knee as pain allows. It will be sore, but it is not causing any physical damage to your knee.

PHYSICAL THERAPY

- Physical therapy is not always necessary after knee arthroscopy. If you are particularly stiff, swollen, or painful we will give you a prescription to start this when you come in for your 2-week visit.
- Start the exercises given to you in your post-operative paperwork two days after surgery. These will include simple movements to get the knee moving after surgery.

WHEN SHOULD YOU BE CONCERNED?

- If you have a temperature above 101.6. It is normal to have a mild temperature a day or two after surgery. Make sure you are taking deep breaths to fill your lungs all the way.
- Signs of infection include: increasing pain, increasing swelling, redness, unpleasant odor, increased warmth, or green or yellow drainage. Also, increased swelling, cramping, or worsening pain in the calf.
- If you have severe symptoms, such as:
 - Chest pain
 - Difficulty breathing
 - Weakness or inability to move the arms and legs as usual
 - Severe headache
 - New confusion
 - Loss of bowel or bladder function

CALL 911 or go to an emergency department at a nearby hospital.

- If you feel it is not urgent **contact our office at 651-351-2671**. You will likely have to leave a message and your call will be returned. We try to return all calls quickly, but it may be a few hours or the next day.