

# Knee Arthroscopy

## General Post-Operative Instructions for Knee Arthroscopy

### Dressings:

Knee dressings may be removed 48 hours after surgery for showering. The small tapes covering the incision should be left in place.

### Showering:

Keep incision dry. No use of jacuzzi or hot tub for six weeks.

### Bleeding:

In some cases, oozing at the point of incision does persist for several hours. If this should persist beyond this amount of time, please contact our office. If the tapes covering the incisions are removed, this sometimes does remove the clot covering the wound, which is why it is preferable to leave those in place.

### Swelling:

It is common to experience temporary swelling around the knee joint, which will give you stiffness and discomfort. This may last for several weeks after surgery. To minimize the swelling, you may apply an ice pack (one

that you can wrap around the knee) for approximately 30 minutes three times per day. This should be done for at least three days following the surgery, and whenever some pain is noted while beginning the prescribed medications. Elevate as needed for pain and swelling. Ankle pumps as often as possible for prevention of blood clots.

### **Relief Of Pain:**

For mild pain: Use pain-relieving medication such as Advil or Motrin. Take 1 to 2 tablets every 4 hours as needed. Do not take more than 6 tablets in 12 hours. For severe pain: A prescription for stronger medication will be dispensed. Cold compresses, as noted, often aid in relieving pain. Do not take strong medications on an empty stomach. Do not drink alcohol while taking prescribed pain medication.

### **Diet:**

The day after surgery, drink lots of fluids and eat soft, nutritious foods. An adequate diet is essential for the healing process.

### **Nausea And Vomiting:**

Although unusual, both can be experienced after anesthesia in surgery. If you have a tendency for this, please discuss it with the anesthesiologist. Otherwise, it is usually alleviated with a clear liquid diet.

### **Drowsiness:**

After anesthesia, drowsiness may persist for quite a while. It should cause no undue concerns.

## Common Complaints After Surgery:

At times, patients complain of a sensation of liquid within the knee joint; this is the reabsorbing of fluid from the surgery. Other patients also noted occasional clicking with movement; this is the readjustment of your muscles and control of the knee joint, which is alleviated with your exercise program.

Call scheduling, 503-214-5255, to schedule one week and six week postop appointments.

If you have additional questions or should problems develop, please do not hesitate to contact us. (503-214-5200).