

KNEE ARTHROSCOPY: POSTOPERATIVE INSTRUCTIONS

Diet

- Resume regular diet as soon as possible.

Medication

- Take pain medication as prescribed.
 - Percocet □ Tylenol #3 □ Vicodin □ Naproxen
 - Celebrex □ Gabapentin □ Other _____
- Colace (over the counter) take with pain medication twice a day to prevent constipation.
- You may receive a prescription for a Zofran dissolvable tablet. It is for Nausea. Fill the prescription **ONLY IF** you have severe nausea.
- Take one adult aspirin daily starting the day after surgery and continue for 3 weeks unless you have a medical reason not to (such as gastritis, GIRD etc.,)

Activity

- Minimize activity the day of surgery.
- Elevate the knee on pillows while reclining. Place the pillows under your ankle so that your knee remains straight.
- Apply ice over the knee, even though bandages are thick and you may not feel the cold. Apply the ice 3 times per day for 20 minutes for about 1 week or until your knee is feeling comfortable again.
- **DO NOT** use heat.
- Pump your foot up and down 20 times per hour, every hour.
- Tighten the muscle in the front of the thigh for 10 seconds. Do 10 times per hour, every hour.
- Straight leg raising 2 sets of 10 repetitions, 3 times a day.
- **DO NOT** use exercise equipment unless otherwise instructed.

Walking

- Walk with crutches , if needed, weight bearing as tolerated for 24-72 hours, then Discontinue the use of crutches. Bend the knee to tolerance.
- Walk with crutches full weight bearing as tolerated in your brace. Keep the brace locked straight while sleeping & walking. You may unlock the brace to bend the knee.
- Use crutches. **DO NOT** put weight on your leg until your next office visit.

- Showering**
- You may shower 3 days after the surgery unless told otherwise. **DO NOT** Immerse the knee under water and **DO NOT** rub the incision. Place band-aids over the incisions after showering.
 - You may **NOT** shower until after your next office visit.

Dressing Care

- Standard Dressing
 - Keep the dressing dry.
 - You can expect some light bloody wound seepage through the bandage. **DO NOT BE ALARMED.** Fluid seepage is normal. If the dressing does get soaked, remove and replace with dry gauze and a new ace wrap. **DO NOT** remove the suture.
 - If the leg is uncomfortable, you may remove the ace wrap and re-wrap it.
 - Remove all dressings 72 hours after the surgery and apply a band-aid over each incision to cover the suture. **DO NOT** remove the suture/or tape over incision.
- Non-Standard Dressing
 - You have brace immobilizer Firm plaster splint on your leg because you had a:
 - Meniscus repair Other_____
 - Keep the splint/brace on until your next office visit. **DO NOT** get the splint/brace wet. If you shower, cover the splint/brace thoroughly with 2 plastic bags to keep it dry.

Arthroscopic Findings

- Torn meniscus (cartilage) Torn Ligament_____
- Worn joint surface cartilage Joint lining irritation (synovitis)
- Loose body or bodies
- Arthritis: Mild Moderate Advanced
- Other:_____



Robin M. Gehrman, MD

Procedures Performed

- Partial meniscus (cartilage) removal
- Joint surfacing smoothing
- Smoothing of joint lining (synovectomy)
- Removal of loose body
- Meniscus repair - knee flexion will be limited to 90° for 4-6 weeks
- Other _____

Follow-Up

- Call the doctor's appointment scheduling secretary today or the next business day to make an appointment for _____ days after your surgery.
- Notify our office if you have:
 - **Any fever over 101.5 degrees**
 - **Excessive bloody wound seepage**
 - **Severe calf tenderness**
 - **Numbness in the leg or foot**

Specific Instructions:
