

Postoperative Instructions: Knee Arthroscopy

When You Get Home:

Rest for the remainder of the day.

Be Safe- stay in the care of responsible adult the first 24 hours.

Elevate the leg on 1 or 2 pillows for the first 2 days.

Use Ice as much as possible:

20 minutes on/20 minutes off for regular ice packs/frozen peas, with a towel or cloth between you and the Ice

If you are using a Cold Therapy unit, use it according to the manufacturer's instructions.

Pain Medication:

Take your pain medication- it's better to stay ahead of the pain.

Oral Narcotic pain medicines (Vicodin/Hydrocodone, Percocet, Tramadol, Codeine) help with pain, but can cause:

Drowsiness: Be Safe, don't drive, operative machinery, don't mix it with alcohol.

Stomach upset: Take with food, or try over the counter Zantac or Tums.

Constipation: Drink enough fluids, use fiber supplements (Metamucil, Senokot)

Take Prune juice or Milk of Magnesia if still constipated after 2 days

You may take anti-inflammatory medication to help with pain and swelling.

Some patients are prescribed Toradol (Ketorolac): take every 6 hours for 4 days.

Ok to take with Pain Medications, not with other anti-inflammatories

After 4 days of Toradol, you can take other anti-inflammatory medicines like:

Ibuprofen (Advil, Motrin), Naproxen (Aleve), Lodine, Mobic, Celebrex

Go easy on the anti-inflammatory medications if you have stomach problems.

Dressing and Wound Care:

Keep the surgical dressing and white stocking on for 2 days

Then you may remove the dressing, take a shower (it's okay for the small incisions to get wet).

Dab the incisions dry with a gauze, then put new gauze dressings or square band-aids over the incisions

No bath/pool/hot tub (putting the knee underwater) for 2 weeks

Exercises:

Begin exercises immediately:

Tighten and release your thigh and calf muscles (called Isometric exercises).

Start gently bending the knee (and hip and ankle).

Activities:

You may put full weight on the surgical leg, just use crutches (or walker) for support

Usually crutches are needed only the first 2 days after surgery

You may get up to the bathroom or kitchen, but avoid being up too long (causes swelling).

You'll be getting around your house well within a few days.

Wait for several weeks before being up for hours at a time.

Driving: Only after you are SAFE, which means:

Off pain medications, able to control a vehicle safely- get foot from gas to brake and press hard.

This usually takes about 4 days, sometimes longer. Use your best judgment.

Problems or Questions? Call us at 925.600.7020

Feel free to call us if you have any concerns, or if you have any:

Unrelenting pain, or increasing swelling or numbness, or high fever (above 101.5)

Continuous drainage or bleeding that is soaking your dressing

Chest pain, shortness of breath