



**Seacoast Orthopedics**

*Over 30 years of dedication to outstanding patient care*

## **Knee Arthroscopy Post-Op Discharge Instructions**

### **Your Surgeon:**

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### **Special instructions:**

Please follow only the instructions that are marked below.

☐ **If you had a debridement, menisectomy, or loose body removal:**

- You may put weight on the leg and bend the leg as tolerated. Use crutches for the first few days and then discontinue. Work on bending and straightening the knee.

☐ **If you had a microfracture:**

- Walk with crutches, putting only part of your weight on the operated leg. You may bend the knee as tolerated. Work on bending and straightening the knee.

☐ **If you had a meniscus repair**

- Walk with crutches, putting only part of your weight on the operated leg. Do not bend your knee past 90 degrees.



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**What to Expect:** It is normal to feel tired and washed out after surgery. Rest is important, but walking is also important to prevent problems and to regain your strength and energy. Pace yourself according to how you feel. Rest when you feel tired.

You may have a sore throat if you have had general anesthesia. This is normal and will go away in 1-2 days.

If you have a nerve block, the local anesthetic may keep your leg numb for up to 24 hours.

Your leg can remain painful and swollen for several weeks time, depending on the problem you have and the amount of surgery that was done. You may experience some bruising around your incisions. You should elevate your knee higher than the level of your pelvis as often as possible to minimize the swelling.

You were given TED compression stockings that should be worn at all times until your follow-up visit. You can remove them for showering and to wash them.

**Pain Management:** You can expect to have pain for the first week or so after surgery. The pain is often worse at night.

Most patients do not require narcotic pain medication after a knee arthroscopy. You should take over-the-counter ibuprofen 800mg (4 pills of the standard 200mg pill) every 8 hours as needed for pain. You may also take over-the-counter tylenol (acetaminophen) 1000mg every 8 hours as needed. You may alternate these medications or take them together. Do not take any other NSAIDs while taking ibuprofen. Take the ibuprofen with food as it may cause stomach discomfort. Do not take ibuprofen if you have a history of stomach ulcers.

If you were given a prescription for narcotic pain medication, you should take this as directed for severe pain. You should take your pain medication with food. If you cannot tolerate this pain medication because of nausea or itching, please call the office. You should call the office for a refill several days before you run out of pain medication. **Refilling your prescription may take 2-3 business days and will be sent electronically to your pharmacy on file.** Narcotics will not be refilled by the on-call physician after hours or on weekends. For mild pain, you may take acetaminophen (Tylenol). (However remember that medications such as Percocet, Vicodin, and Tylenol #3 contain acetaminophen and you should not take more than 3000 mg of acetaminophen daily.)

**Pain medication can cause constipation. To make it easier to have a bowel movement you should drink extra fluids, eat foods high in fiber, or take a stool softener such as colace.** Pain medications can also cause itching of the skin. For mild itching you can take Benadryl.

Do not drive, drink alcohol or make important decisions while taking narcotic pain medication. Please call your doctor if the pain medication is not working.

**Treatment of Nausea:** If you received a Scopolamine patch (behind your ear) in the hospital, leave it in place for 24 hours. Be sure to wash your hands immediately after taking it off.

If you are nauseous or vomiting limit your intake to clear liquids only, and advance diet as tolerated. If still nauseous or vomiting after 12 hours, please call the office.

**Dressing:** Keep your dressing clean and dry. Your dressing can be removed in 3 days. You may remove the bandages but **leave in place the underlying white/yellow steri-strips**. You should keep the incision clean, dry, and covered with a dressing for the first 2 weeks after surgery. You should change the dressing as needed.

You may shower after 5 days letting water gently wash over the incision, but do not scrub the incisions or submerge it in a pool or bath. Do not submerge the incisions in water until directed by your surgeon after the skin is fully healed. Antibiotic creams or other ointments should not be used.

Your sutures are typically under the skin and will dissolve on their own, or they will be removed 10-14 days after surgery.

**Icing:**

Apply ice bags or use the cryotherapy device you were given to control swelling. Ice should be applied 30 minutes at a time every hour or two. Put a thin towel or T shirt on your skin if using ice in a plastic bag. Icing is most important in the first 72 hours, although many people find that continuing it lessens their postoperative pain weeks after surgery.

**Blood Clot (DVT) Prevention:** You were given a prescription for Aspirin 81 mg, which you should take daily for 4 weeks. You may obtain this medication over the counter at the pharmacy. (Do not take if you have a history of stomach ulcers, bleeding disorders or allergy to aspirin).

You should pump your ankles up and down several times an hour to keep the blood circulating in your leg. Don't lie in bed or on the couch for hours and hours at a time. It's good to move around (with the help of crutches) to get the blood flowing in your legs.

**Exercises:**

Please refer to the instructions checked off on the first page of this packet for the weight bearing status of your leg and any other restrictions.

You should not do any sports or athletics until cleared by your surgeon. You should pump your ankles up and down several times an hour to keep the blood circulating in your leg.

**What Activities am I allowed to do at Home:**

You should plan on taking some time off from work. You can resume work when the pain and swelling subside (this can be a few weeks or more depending on what type of work you do and the procedure that was done)

You should drink lots of fluids, and eat light foods at first like toast, crackers, soup and ginger ale.

Avoid smoking or caffeinated drinks as they impair healing.

**Postoperative Visit:** You should have a follow up appointment scheduled. If you do not, you should call the office the day after your surgery to schedule your post-operative visit.

Plan to wear loose comfortable clothing your post-operative appointments with pant legs that easily roll above your knee to so that the surgical incisions and knee can easily be examined. Alternatively, wear shorts underneath pants that can be easily removed so that the knee can be examined.

**When to Call:** If you have any trouble breathing or are having chest pain, you should dial 911 right away.

For any of the following danger signs, you should call your doctor's office: fever above 100.6 (after the first day or two – a slight fever can be normal the first day), redness or drainage from the incision, numbness, tingling, or discoloration of the foot, if you have severe pain not relieved by pain medication, or if the numbness/tingling returns after the nerve block has worn off.