

Central Texas

Sports Medicine & Orthopaedics, P.A.

Post Operative Instructions – Knee Arthroscopy

Cold Therapy:

- Expect to have swelling of the knee for 3-4 weeks after surgery. Ice will help reduce the pain and swelling. Do NOT place ice bags directly on your skin
- Ice & elevate the day of surgery. Ice bags should be applied to the knee every 3 hours for 20 minutes
- The first week after surgery – use ice bags 3 times a day for 20 minutes
- Elevate leg on pillows. Place pillows under calf and lower leg

Wound Care:

- You will leave the hospital with an ace wrap dressing on your knee. If swelling or discoloration of the foot and ankle occur, the bandage may be too tight. Remove the ace wrap and re-wrap lightly
- You may remove the dressing 24 hours after surgery and apply occlusive type band-aids to the incisions
- Take a shower with the band-aids on, then change the wet band-aids immediately after your shower. **DO NOT** soak in a tub. **Keep incisions clean and dry.**
- Expect to have some drainage from the incisions for a few days

Activities:

- After most arthroscopic surgeries, you may walk unassisted (weight bearing as tolerated). Your doctor may advise you to use crutches for a period of time after surgery.
- Perform ankle pumps starting in the recovery room and continue for a few days after surgery
- **You can NOT drive for 24 hours after surgery or while taking the pain medication.**

Pain Medication:

- **Lortab (Hydrocodone)**. You may take one tablet every 6 hours **as needed** for the pain
- You may also take an anti-inflammatory medication (**Advil or Aleve**). You can alternate the anti-inflammatory medication with the pain pills.
- **Phenergan** (anti-nausea medication) take one every 6 hours **as needed** for nausea
- We recommend taking these medications with food

Warning Signs:

- Call the office if you experience any of the following
 - Persistent or increased pain
 - Significant swelling in your knee
 - Increasing pain in your calf muscle
 - Fever greater than 101 degrees

Follow-up Appointment:

- Call the office if you have not already scheduled your follow-up appointment. We would like to see you one week after your surgery
- After hours, if you have any questions or concerns, call **(979) 776-0169**