



**PATIENT INSTRUCTIONS AFTER SURGERY
KNEE ARTHROSCOPY**

DRESSING:

A soft dressing has been applied to the operative knee. This dressing should be comfortable and absorb any leakage of fluid. Although the dressing may become moist or blood stained, this is not usually a cause for alarm. Routinely, the dressing is removed the day after surgery. If desired, you may change the bandage using sterile technique or simply reinforce it.

PAIN:

You should have a prescription for pain medicine. Please inform me of any problems with your medicine. The ice wrap should be applied to the knee for 15 minutes out of each hour. Keep the wrap in the freezer when not in use and when sleeping.

WOUNDS:

The wound may be sore and develop bruising over the next several days. Bruising can occur in dependant areas below the wound. This bruising will eventually disappear and does not require special care.

BATHING:

The sensation of “splashing” of fluid in the joint is not a cause for concern. It represents fluids from surgery which will absorb in time. It will be safe to shower two days after your surgery. Sponge baths may be taken until that time. No bath in a tub should be taken until your sutures are removed.

ACTIVITY:

You may step upon your surgical leg when comfortable. Contraction of the quadriceps (thigh) muscle for ten seconds, three times in succession, should be done at least once hourly for the first three days. Moving the knee slowly through the full range of motion four times a day is important.

Swimming is permissible two weeks after surgery.

Jogging and running should be deferred for six to eight weeks. Heavy lifting and stop-and-go sports should be delayed for three months.

PRECAUTIONS:

You must have a responsible adult driver to be discharged home. For 24 hours after surgery, do not drive, make major decisions or have childcare responsibility.

If you develop fever (101° or above), unexpected pain other than soreness from surgery, redness or swelling in your shoulder, please contact my office at (936) 560-5990, home at (936) 560-6204 or call Memorial Hospital Emergency Room (936) 564-4611.

SPECIAL INSTRUCTIONS:
