

Post-Operative Instructions

Call our office if you have any of the following:

1. Fever over 102 degrees.
2. Yellow, green or foul-smelling drainage
3. A large red area around the incisions.
4. You suspect an allergic reaction to medications or dressing materials. This could be shortness of breath, a rash or redness, hives, etc.
5. Severe calf pain and swelling

Knee Arthroscopy

Pain medication

- 1) It is not uncommon for patients to encounter more pain on the first or second day after surgery. This is the time when swelling peaks.
- 2) Using the pain medication as directed will help control pain with little risk of complication.
- 3) Taking pain medication before bedtime will assist in sleeping.
- 4) It is important not to drink alcoholic beverages or drive while taking narcotic medication.
- 5) If you were prescribed narcotic medication (i.e. Vicodin, Hydrocodone) you can supplement those medications with 800 mg of ibuprofen every 4-6 hours.
- 6) You should resume your normal medications for other conditions the day after surgery.
- 7) We have no specific diet restrictions after surgery, but extensive use of narcotics can lead to constipation. High fiber diet, lots of fluids, and muscle activity can prevent this occurrence.
- 8) Your doctor will determine the need for crutches and duration of use.

Wound dressing

After arthroscopy the wound is covered with gauze or ace wraps. These should generally be left in place for 3 days. Due to the large amount of fluid used during the arthroscopy, it is normal to see some bloody drainage on the dressings.

The dressing should be removed, and wounds covered with adhesive bandages on the 3rd day after surgery. On the 3rd day patient may shower but should covered the sutures with bandages and change them twice daily. After showering patient should clean the sutures with Hydrogen Peroxide before applying the bandage. **The wound should not be submerged in a bathtub or pool until the wound is completely close.** Reapply the ace wrap for 5-7 days to control swelling. Wounds should be kept dry for 48 hours.