

Post-Surgery Recovery from KNEE ARTHROSCOPY



A Guide for Patients...and Their Caregivers



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GENERAL INSTRUCTIONS

While knee arthroscopy is much less invasive than traditional open knee surgery, it may still take several weeks to fully recover. To hasten your recovery and ensure maximum joint function, be sure to carefully follow these post-surgery instructions after you return home.

▶ **Until Friday**, keep your leg elevated for as much time as possible. Apply ice to the knee (20 minutes on, then 20 minutes off) to help relieve pain and swelling.

▶ When walking, only put as much weight on your knee as pain allows you to tolerate, **UNLESS GIVEN OTHER INSTRUCTIONS.**

▶ **On Friday Morning**, you can remove the hospital dressing and take a shower, but do not soak in a tub. Afterwards, carefully dry the 2 incisions and put band-aids over them. You may rewrap the knee with the ace bandage if you like.

▶ **Over the weekend**, you may increase your activity level, but be sure to spend as much time with your leg elevated and knee iced as you spend up and walking around. For example, if you go shopping for 2 hours, come home and elevate and ice your knee for 2 hours.

▶ **On Tuesday**, I will need to see you to check your progress and begin a postoperative treatment program. If you have not already set up that appointment, please call the office at (336) 275-6318 and do so.



PAIN MEDICATIONS

You will be given 2 prescriptions for pain: a narcotic painkiller and an anti-inflammatory. Take them both. The anti-inflammatory helps to relieve pain and can significantly reduce the amount of the narcotic you will need to take.

- ▶ **Do not get behind on taking the pain meds-** It is easier ...and actually requires less medication...to keep pain suppressed than to relieve severe pain.
- ▶ **If you experience nausea or vomiting,** it may be due to the pain medication or to the anesthesia used during surgery. Wait 4 to 6 hours for the anesthesia to wear off. If you still are having a problem, call the office at (336) 275-6318 well before 9 PM, so the answering service can put you in touch with the covering physician while pharmacies are still open. He or she can order a different pain medication or something for the nausea.
- ▶ **After the first night, DO NOT CALL AFTER HOURS FOR PAIN MEDICATION. NO NARCOTICS CAN BE CALLED IN AFTER HOURS OR ON WEEKENDS.**
- ▶ Refills must be requested only during business hours.



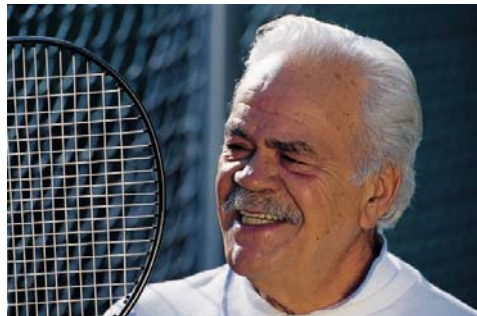
COMPLICATIONS AND CONCERNS

Potential problems following knee arthroscopy include infection, blood clots, and accumulation of blood in the shoulder, but are rare (less than 1%) and generally not serious. In case of emergency, call the office and the answering service will put you in touch with the Doctor on call.

DO NOT BE ALARMED if you experience:

- ▶ **Clear or bloody drainage**, which is very common within 48 hours after surgery
- ▶ **Warmth in the knee**, which can last for several days and is due to inflammation
- ▶ **A low-grade fever (up to 100.5°)** - take some Tylenol and do some coughing and deep breathing

If you have any other questions, I will be happy to answer them at your follow-up appointment this Tuesday, or you can check our website at www.sosbonedocs.com.



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