

NICHOLAS J. AVALLONE, M.D.

www.dravallone.com

INSTRUCTIONS FOLLOWING YOUR ARTHROSCOPIC KNEE SURGERY

FIRST FOLLOW-UP VISIT AFTER SURGERY

- Call the office the day after your surgery & make an appointment for 1 week to see Dr. Avallone.
- At that appointment, your stitches will be removed.

CANE OR CRUTCHES

- You may put as much weight on your leg as tolerated when using the cane.
- When you feel that the cane is not necessary, you may discontinue its use.
- Use common sense, let pain be your guide for your activities.
- Climbing stairs, walking and sitting are all permitted as you tolerate them.

EXERCISE PROGRAM

- After your 1st follow-up visit, an exercise program will be prescribed, these exercises will help to rehabilitate your knee.

SHOWERING

- Keep original bandage on for 24 hours after surgery & replace with band-aids. You should keep the band-aids on until you see Dr. Avallone.
- After 48 hours, it is okay to get your incision wet & you may shower.
- Do not take any baths or soak in a hot tub or pool until your stitches have been removed.

INCISION SITE

- You may notice a small amount of blood on your bandage, about the size of a quarter, this is normal and there is no need to worry. If you notice uncontrollable or excessive bleeding, please call the office.

SWELLING AND DISCOMFORT

- You will experience some pain and discomfort after surgery.
- You will be given a prescription for pain medication. Take the medication as prescribed.
- If the discomfort is mild, you can take 1 or 2 Tylenol, every 4-6 hours as needed, instead of the prescribed pain medication.
- You will notice some swelling of your knee after surgery, this is normal.
- To help reduce the swelling, elevate your leg as much as possible the first two days.
- In addition, you may place ice on your knee to reduce swelling. Place a plastic bag filled with ice, wrapped in a thin towel, on your knee. Do not keep ice on for more than 15-20 minutes, repeat 4-5 TIMES A DAY, IF POSSIBLE.

TEMPERATURE

- A temperature of less than 101 degrees is common for the first 1-2 days after surgery. If your temperature is elevated above 101 degrees, call the office.

WE HOPE THAT THIS ANSWERS MANY OF YOUR QUESTIONS REGARDING ARTHROSCOPIC KNEE SURGERY, HOWEVER, IF YOU HAVE ANY OTHER CONCERNS OR QUESTIONS AT ANY TIME, DO NOT HESITATE TO CALL THE OFFICE.