

Knee Arthroscopy Post Operative Instructions Nick Avallone, M.D.

Crutches or cane:

Use your crutches or cane as instructed on the day of your surgery. You can weight bear as tolerated. Let pain be your guide in your activity level. When you feel that the crutches or cane are no longer necessary, you may discontinue their use. Climbing stairs, walking, and sitting are all permitted as tolerated. Avoid strenuous activity until after your post-op visit.

Ice:

Ice the knee to reduce swelling and discomfort, 20 minutes on and 20 minutes off. Do not ice the knee for more than 20 minutes at a time. Avoid getting your wound wet for the first 48 hours. If you have a cryocuff you may keep this on continuously.

Elevate:

To minimize swelling, elevate the knee by placing a pillow under your ankle (do not place a pillow under or behind your knee).

Physical therapy:

You should begin physical therapy within 1-2 days after your operation to rehabilitate your knee.

Dressing:

Remove all cotton and yellow gauze 48 hours after your surgery and place Band-Aids on the incision. You do not need to put a new gauze dressing on your wound.

Showering:

You may shower 48 hours after surgery. Please use CAUTION! Be careful not to slip and fall. The effects of anesthesia and/or medication may make you drowsy or light-headed. Do not soak in a bathtub, hot tub, or pool until the doctor tells you it is okay to do so. Once you are done showering, pat the wound dry and apply a Band-Aid.

Follow-up visit:

You need to see the doctor about one week following surgery for your first post-op visit. At that time your sutures (stitches) will be removed.

Common concerns:

Bruising, pain, discomfort, and swelling of the knee are common after surgery. To relieve this discomfort, ice and elevate the knee as described above. For pain relief, most patients take 2 Tylenol Arthritis and 2 Advil every 8 hours, as needed.

Please call if you experience:

Oozing or redness of the wound, fevers (>101.5° F), or chills.

Uncontrolled or excessive bleeding.

Calf pain, cramping, or swelling, as this may be a sign of a blood clot.

Difficulty breathing or heaviness in your chest.

REMEMBER - these are only guidelines for what to expect following arthroscopic knee surgery. If you have any questions or concerns please do not hesitate to call the office.