

ASHEESH GUPTA, MD, MPH

www.asheeshguptamd.com

www.novaorthospine.com

Knee Arthroscopy Post-OP Instructions

Dressings:

- You will have a soft dressing applied over your incisions.
- It is meant to absorb any leaking blood or fluid from the joint, and to protect from infection.
- Leakage immediately after surgery is normal and helps to drain some of the fluid that accumulates in the joint during surgery.
- The dressings may become moist or blood-stained; this is normal and usually not a cause for alarm.

Bathing:

- You may remove your dressing post-op day #2 after surgery and then you will be able to take a shower.
- You may have steri-strips over your incisions (small white strips of tape). If so, leave them in place until they fall off on their own or until they are removed at your first postop appointment.
- You may let soap and water gently wash over your incisions, but do not scrub them. Pat them dry with a towel.

Driving and working:

- You may not drive while you are taking pain medications.
- We will discuss when you can drive on your first post-operative visit. Generally, you need to feel close to 100% recovered with the operated knee before you can consider driving.
- Your comfort level should be your guide for returning to work.
- Most people are able to return to work after their first post-operative visit.

After surgery:

- You may put as much weight on your operative leg as you can tolerate, unless you have been told otherwise, immediately after surgery. When you are resuming your activity, remember to walk slowly and focus on walking "heel-toe", placing your heel on the ground as the first phase of your step rather than limping by walking on your toes. It is important that you try to walk without limping, even if that means smaller, shorter, slower steps.
- It is common to feel or hear clicking or popping in your knee. It is common for your knee to be swollen, and your foot and ankle may be swollen as well due to gravity. The fluid in your knee often remains there for at least 4-6 weeks after surgery until your body can reabsorb it. This fluid will make your knee feel tight or stiff, especially with deep knee bending or squatting.
- You may place as much weight on operative leg as tolerated, unless specifically told not to.

When to call:

- Please call if you develop a fever greater than 102°F, increasing pain that is not responding to pain medication, redness, increased swelling, persistent bleeding or drainage, or drainage other than clear fluid or blood.
- For any concerns, call our office at 703.490.1112.
- After hours, the answering service will contact the physician on call.

Pain:

- Take pain medication as instructed. You may also take Aleve or ibuprofen for pain and inflammation.
- You may use ice packs to control pain and swelling and inflammation. Do not put the ice directly on the skin. Use ice for 20 minutes at a time, at least 3 times a day.

Nurses Signature

Patient Signature

Date